

CHILD AND YOUTH CONCERNS SCALE

The Child and Youth Concerns Scale (CYCS) is comprised of 8 main areas of concern noted by children of post separation and divorce. The areas chosen are based on research related to what children say and/ or express is important to them and on what those who interview/ meet with children say is important to them. One or more areas listed below may be of concern for the child. Please check each area that applies and rate the concern on the 5-point scale indicating the degree of the concern. The CYCS is meant to assist those working with children and youth to decipher what is important to a particular child in order to provide helpful feedback to parents and other relevant third parties.

DATE: _____	CHILD FIRST NAME: _____
BIRTHDATE: _____	CHILD LAST NAME: _____
SCHOOL: _____	GRADE: _____
AGE: _____	GENDER <input type="checkbox"/> M <input type="checkbox"/> F

1. TIME

The child/youth symbolically and/or metaphorically shares concerns about time. This may include time spent with one or both parents, amount of time spent at each parent's home(s), time alone, time away from a parent, confusion about time and schedules, etc.

OBSERVED ☐ YES ☐ NO

Please Specify:

Low		Moderate		High
1	2	3	4	5

2. PHYSICAL SPACE

The child/youth symbolically and/or directly shares concerns about his/her physical space. This may include his/her physical living space, adjustments to new/old space (houses, bedrooms), personal possessions, school possessions and study areas. Can include other issues such as lighting, distance from a parent room, sheet textures, etc.

OBSERVED ☐ YES ☐ NO

Please Specify:

Low		Moderate		High
1	2	3	4	5

3. EMOTIONAL SPACE

The child/youth symbolically and/or directly shares concerns about emotional space. This may include emotions related to not wanting to go back and forth between two houses, emotions related to transitions from one parent to the other, general emotional upset when disengaging with a parent, feelings of loss, feelings of missing a parent, etc.

OBSERVED ☐ YES ☐ NO

Please Specify:

Low

Moderate

High

1

2

3

4

5

4. PSYCHOLOGICAL SPACE

The child/youth symbolically represents and/or directly shares concerns about psychological space. This may include he/she representing adult concerns related to legal matters, he/she is focused on a parents' feelings or in caring for one parent, he/she represents a position of one of the parents, he/she views self and parent as "one", child does not differentiate parents from one another, no space between self and parents, he/she reports a lack of flexibility.

OBSERVED ☐ YES ☐ NO

Please Specify:

Low

Moderate

High

1

2

3

4

5

5. UNDERSTANDING OF PARENT SEPARATION

The child/youth symbolically and/or directly shares concerns about his/her understanding of his/her parents' separation. This may include awareness of adult age-inappropriate information about the separation, age appropriate understanding of parent separation, no ability to share anything about changes in family, general confusion, he/she was surprised or shocked by the separation, etc.

OBSERVED ☐ YES ☐ NO

Please Specify:

Low

Moderate

High

1

2

3

4

5

Low	Moderate			High
1	2	3	4	5

9. OTHER

The child/youth symbolically and/or directly shares information significant to him/her not included in the above items.

OBSERVED ☐ **YES** ☐ **NO**

Please Specify:

Low

1

2

Moderate

3

4

High

5

SUMMARY

Please review the above 9 areas and provide an overall Concern Score. Identify the areas of greatest concern for the child. Ensure that in an age appropriate manner you share with the child what you have understood to be his/her biggest concerns/worries. Prior to directly sharing with parents or other third parties, gain the child's agreement for you to generally share his/her concerns with a 3rd party.

This tool is meant to assist parents to consider their children's input and concerns in order to create sensitive plans for their children post separation and divorce.

CONCERN SCORE:



TOP AREAS OF GREATEST CONCERN FOR CHILD/YOUTH

1) _____

2) _____

3) _____

4) _____

CHILD SPECIALIST _____

DATE _____

PLEASE NOTE

The CYCS is intended to guide practitioner judgement in the formulation of strategies for the giving of feedback to parents. It is not intended for the distribution to clients, nor for any form of client feedback.