

## Scaling Questions

The scaling question, although being the most important part of the Signs of Safety framework, is often dropped, with the focus being placed on mapping. This information acts as guidance on how scaling questions can be used alongside mapping to explore strengths, worries and goals.

<p>➤ <b>Explain the scaling question</b></p> <p>You can explain this by asking.... <b>Imagine a scale from 0 to 10, where the 10 means.....</b> (the situation based on what you and the family want to achieve) <b>and the 0 means.....</b> (nothing of that situation has been achieved and the child is still at risk).</p>
<p>➤ <b>Ask about the current position</b></p> <p><b>Where are you now on this scale?</b></p>
<p>➤ <b>Ask about what is already there</b></p> <p>Focus on what is there between the 0 position and the current position. Example questions: <b>How did you manage to get to your current position on the scale?</b> <b>What has helped to get you there?</b> <b>What worked well?</b> <b>What else has helped?</b></p> <p>Encourage them and keep asking for more details until you get a positive description of what that person has done that helped.</p>
<p>➤ <b>Ask about a past success</b></p> <p>Ask about a situation in the past where they were already a bit higher on the scale. Questions you can ask: <b>Have you already been higher on the scale than your current position?</b> <b>What was the highest point you have been at on the scale?</b> <b>What was different then?</b> <b>What did you do differently?</b> <b>What worked well?</b></p> <p>Encourage them to calmly look for an example of a past success. Ask about this situation until you get a positive description of what they did that worked in that situation.</p>
<p>➤ <b>Visualize one step higher</b></p> <p>Invite them to describe what that situation will be like when they will be one step higher on the scale. Example questions are: <b>What will one step higher on the scale look like?</b> <b>How will you notice you have reached one step higher on the scale?</b> <b>What will be different then?</b> <b>What will you be able to do then?</b></p>
<p>➤ <b>Ask about a small step forward</b></p> <p>Invite them to name one step forward he or she may take. Example questions: <b>Has what we have discussed been helpful for you choosing a step forward?</b> <b>What might that step be?</b> <b>What would help you take that step?</b></p>