

# SAFETY BEHAVIOR CHECKLIST - YOUTH VERSION

## KID FORM

Mark with 0 – 3 (0 – never, 1 - once in a while 2 – pretty often, 3 – everyday)

This form attempts to remove words and ideas that could be triggering. However, that is not completely possible so filling this out might be a bit triggering. Instead of using words for sick, I will use the word ‘humbug’.

### CHECKING/REASSURANCE

I scan for people who look like they might be humbug, get humbug or are talking about it.

I ask about whether I might get humbug. I would like a promise I will be okay.

I want someone to check if I have a fever.

I try to plan on ways to not get humbug.

If someone gets any kind of illness, I want to know about it in case I need to do something safe.

### FOOD/EATING

I will not eat certain things if there is any possibility it might make me humbug.

I stop eating before I feel full.

I check on whether food is cooked enough, has been left out, or if it is expired.

If I’m not sure whether food is safe, I don’t want to eat it. Examples, food looks wrong, restaurants or friend’s houses, stuff in a lunch box, etc.

I have more rules than most people around eating.

I am losing weight because I am worried about eating and getting humbug.

I skip meals or eat very little if I must go somewhere like school or a sporting event.

### SCHOOL

I don’t want to go to school because I might catch or see someone humbug.

I ask to see the school nurse, leave class for a safer room or ask to go home early if I don’t feel well.

I try to contact my parent(s) when I am anxious about humbug at school.

I don’t want to get overheated or participate in strenuous activities at school.

I try to either clean or avoid anything that a person who had humbug and may have touched.

### OTHERS/ENVIRONMENT

I try to avoid or keep my distance from someone who has been sick.

If someone was sick, I don’t want to touch their stuff (e.g., school desk, supplies, toys, etc.).

I try to avoid situations where there are lots of people because humbug would be embarrassing.

I try to avoid people who burp, cough, holding their stomach, or say they don’t feel well.

I avoid and hope/insist that others refrain from discussing, watching movies or TV shows, or engaging in any activities related to humbug.

I don’t want to be far from a safe adult(s).

I try to avoid medical/dental offices and procedures because of humbug

I avoid animals who look like they may humbug.
<b>SLEEP</b>
I want someone to sleep nearby in case of humbug in the night. (e.g., Insist parent stay until fall asleep)
I don't want to spend the night away from home.
I get more anxious as bedtime nears because of humbug
I require things around sleep (e.g., I need reassurance, certain items, promises I am okay, etc.).
<b>ACTIVITIES/BEHAVIORS</b>
I avoid physical activities such as tumbling, spinning, handstands, or anything upside down.
I avoid situations that might cause motion sickness (e.g., 3-D movie, cars, boats, coasters, swings, etc.).
I clean my body or things too much (e.g., hands, devices, bathrooms, or showers).
I avoid, quarantine, or discards things or places that are associated with humbug (e.g., specific clothing, furniture, restaurants, specific bathrooms, seat in car, etc.).
I guard a 'safe' place from contamination like the bed or a room.
I use things like gum, Tums, ginger, peppermint, etc., to avoid humbug.
I do 'superstitious' things like not wearing clothing associated with humbug. I may say 'bad luck', 'jinx', etc.
I use motions like pointing, flicking, tapping, etc., to feel safer.
I avoid touching things that have germs like knobs, buttons, surfaces, money, etc.
<b>BODY FOCUS</b>
I check my body for any sign of illness (ex. Nausea, feeling in throat, fever, etc.)
I do things like swallowing, pulling a shirt over the nose, have safe thoughts, etc.
I talk about not feeling good (mostly about throat or stomach).
I talk about feeling nauseous, gassy, bloated, hungry, or other GI distress
I check if I have excess saliva in mouth.
I try to avoid any anxiety for fear it might result in nausea or vomiting.