



ABOUT THIS BOOKLET

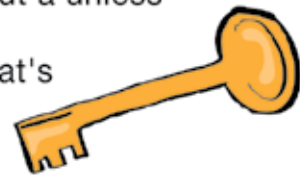
This booklet is yours and it is special.



It's somewhere where you can keep your thoughts and ideas and tell us what you need.

We'll keep secret things you don't want us talking about unless we're worried about you or think you're not safe.

We'd love to keep a copy of the book so we know what's special to you and what you'd like from us



Worker details:

My worker's name is: _____

It's OK for my worker to copy this book so they can remember what we talked about and use it to help me and my family.

I am happy for my worker to share my ideas and needs with:



my family including: _____

other workers _____

my teacher _____

other people _____



I understand that my worker might have to tell someone if they are worried about me or think that I'm unsafe.

Signed _____

As you fill in this book you can tell your worker if there are things you don't want shared.

WORKER TO FILL OUT:

I _____ have explained how this book is special and how I will respect the things in it. We have talked about what kids can expect from me and my service and what to do if they're not happy. One thing I'm really impressed about _____ already is: _____

Signed: _____

About ME!

Name _____

Age _____



What I can expect

At this service you can expect...

To be asked about what you want



To get told about what's happening



To have fun and to play



For you and your family to be treated kindly, fairly and with respect



To be and feel safe



To get what you need (food, a place to live, love and warmth, being able to go to school and to be protected)



To be listened to if you're not happy and for workers to try hard to make things better



For your story to be treated respectfully/ as precious and for it to be treated with care



To be given some choices about how things are done



If you're not happy or believe that you haven't got what was promised you can:

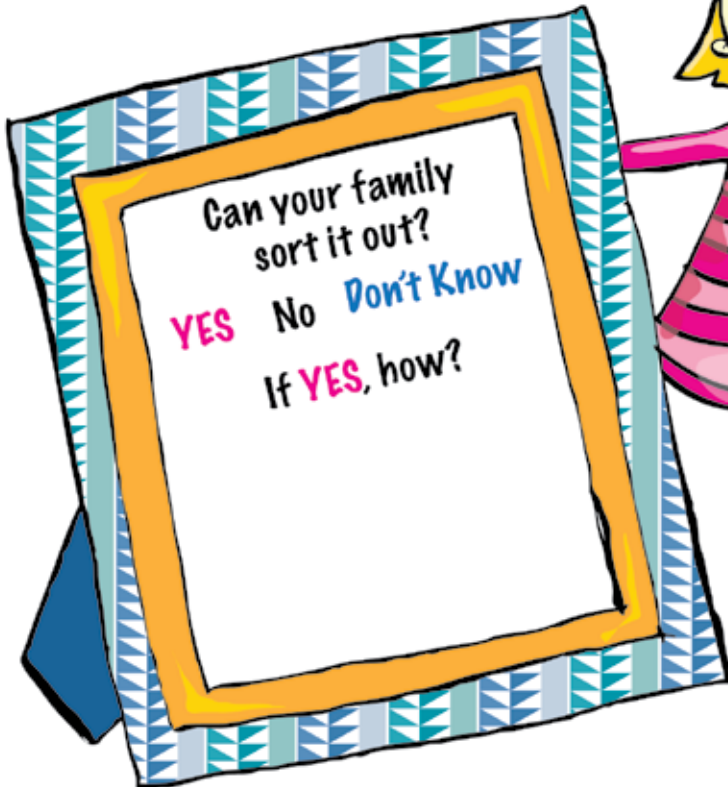
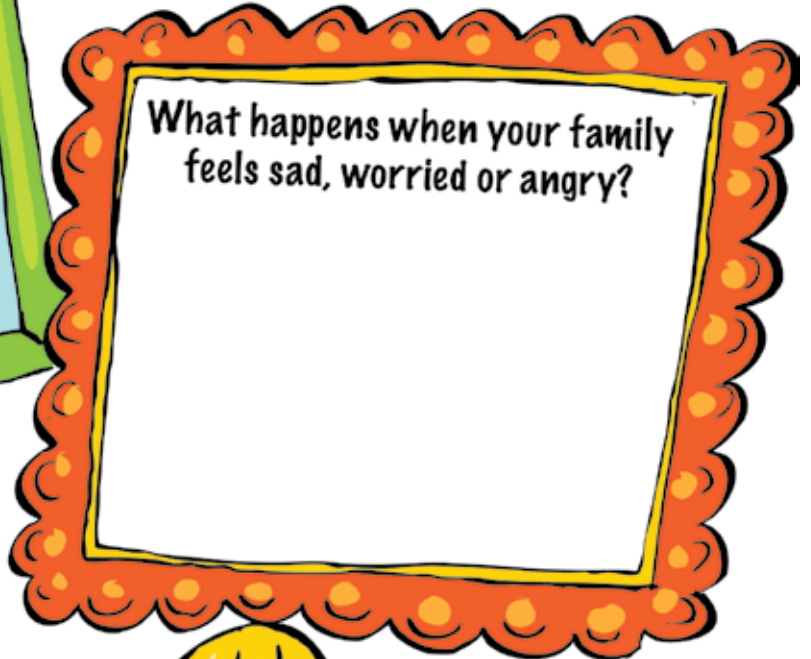
Me and the other workers will do what we can to make sure these things happen.

Signed _____

I've had these things explained and I understand.

Signed _____

About my family



Helping my family

Is there anyone who helps you or your family?

Maybe they take you to school or look after you at home?

You can draw them or write their names.



How do these people help?

Is there any other help we need to find for you?

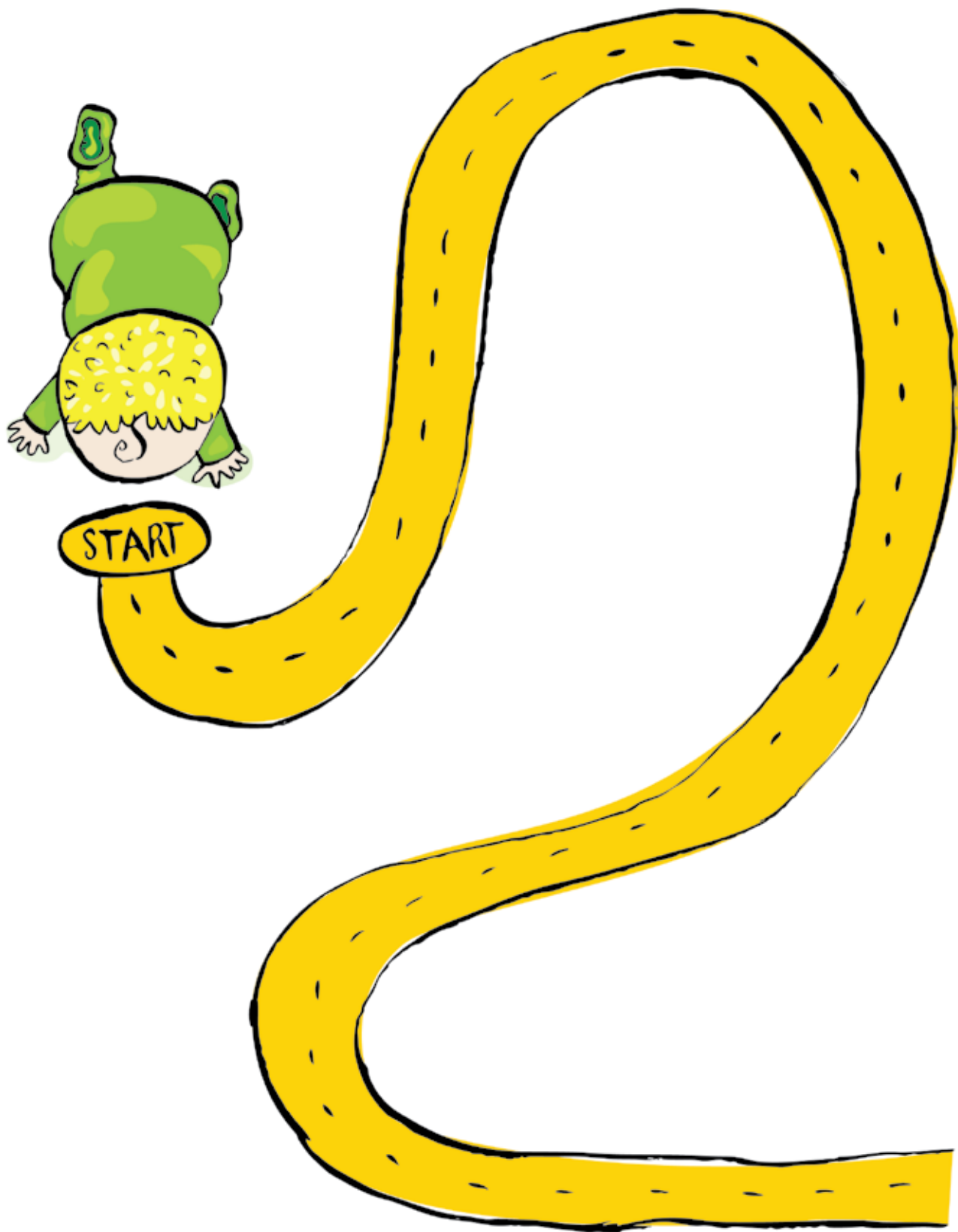
My journey

Life is like a journey.

What are the important things that have happened to you on your journey?

Are there things that have made you scared, worried or upset?

Are there things that have been good, have made you feel safe or happy?



My life



What I'm not so happy about my life at the moment.

What I like most about me

What I like most about my life right now

Things that make me feel....





My Needs

Who I like to see

Where I like to live

What I need to keep me safe

Where I like to go to school

Activities I like to do

How I like to keep healthy

My worries

Do you have any worries about what's happening now or about what will happen in the future?

Friends

Pets

Your school or neighbourhood?

Where you're staying

Future

Staying in touch with family and friends (who?)

Your family

Anything else?

Where you live?

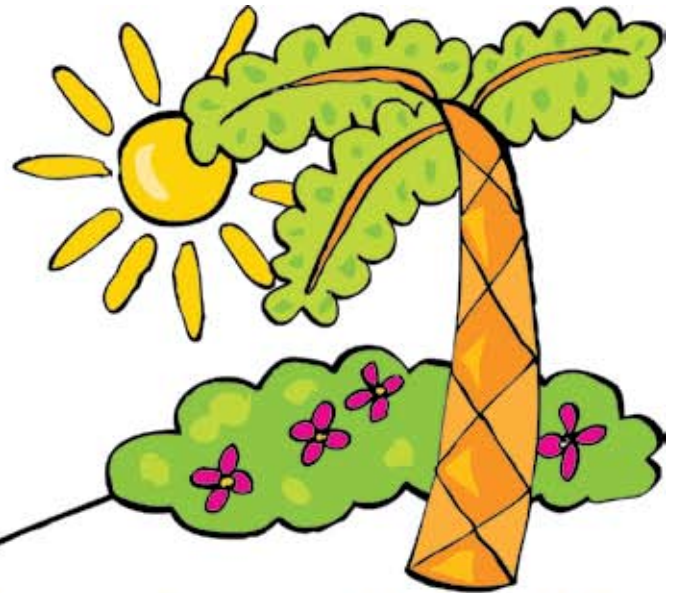
Is there anyone you can talk to about how you feel?

YES **NO**

If **YES**, who?



Feeling safe



What makes you feel safe?

When DON'T you feel safe?

My hopes for the Future

Sometimes we don't know what is going to happen in the future, but we can help you think about it



Family?

School?

Friends?



My space

You can use this space to write or draw about your feelings or anything that is important to you.





Acknowledgements

This booklet was written by Tim Moore and Megan Layton from the Institute of Child Protection Studies at the Australian Catholic University. It is based on a number of resources developed by the Children and Family Court Advisory and Support Service (available online at www.cafcass.gov.uk) and was funded by the ACT Department of Disability, Housing and Community Services.

More information about Kid Central is available at www.acu.edu.au/icps

