

# An important online meeting about me



**On ..... I am going to an important meeting about me.**



**The meeting is called a children's hearing. Children's hearings are about finding out what is best for me.**

**I will be able to go to the meeting about me. I will try to say what I think is best for me.**

**The meetings usually take place in rooms like these.**



**Coronavirus means we might have online meetings instead.**

**A phone or computer can be used to join an online meeting. People can usually see each other. Sometimes they might only hear each other speaking.**



**The adults know this might be worrying or stressful for me. If it is worrying or stressful for me the adults will help me to stay calm and relaxed.**

# The people at my meeting

**The people at the meeting that I know might include:**

- **Me**
- **My parents or carers**
- **My social worker**
- **Maybe a teacher from my school**

**There might be other people at the meeting I do not know. In the meeting people will tell me their name and what their role is.**



## The Reporter

**There will be another important person at my meeting. They have a job called a reporter.**

**In the meeting the reporter will write things down so that everyone remembers what has been said and the decisions made.**



## Panel Members

**At the meeting I will usually see three adults who I might not have met before.**

**These people are called the panel members.**

**Panel members are specially trained people who will make decisions about what is best for me.**

**When I see them they will tell me their names.**



**My computer or phone screen might have lots of squares with people's faces on them.**

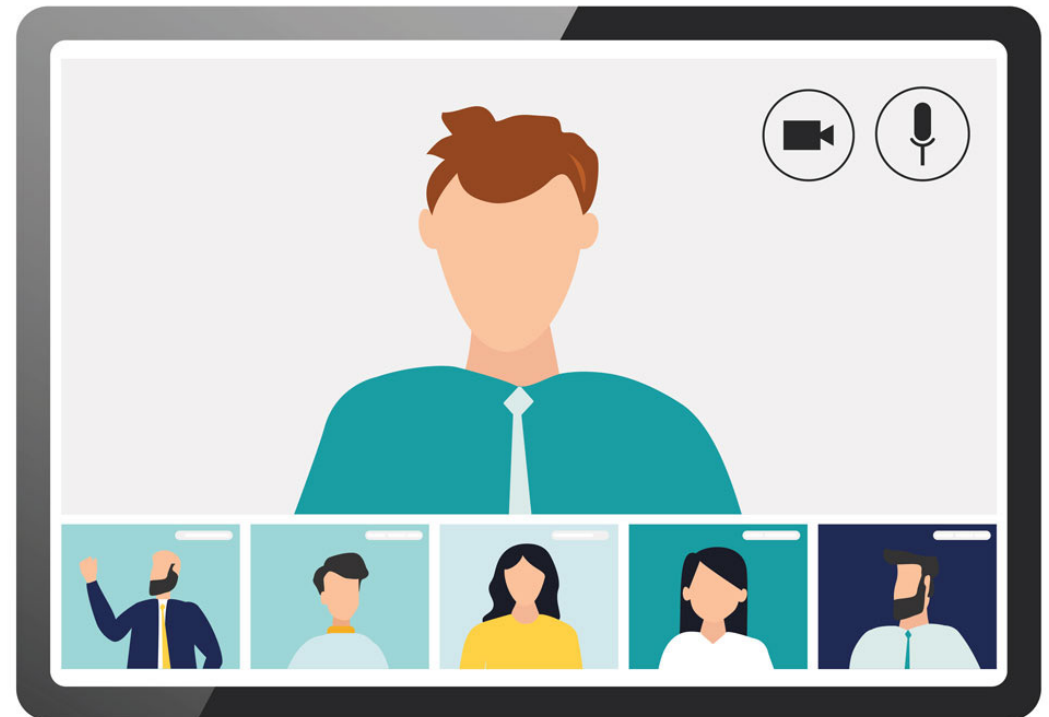




## During the meeting

**At the meeting everyone will be given a chance to speak. People will try to take turns and let one person speak at a time.**

**Everyone will try to listen to what each other is saying.**



## **My views**

**At the meeting the panel members will probably ask me questions.**

**If I need a break, I can ask the panel members for a break.**

**If I have any questions, I can ask the panel members or the reporter.**



# Advocacy

**If I need help to say what I think is best for me at the meeting, I can have an advocacy worker to help me at the meeting.**

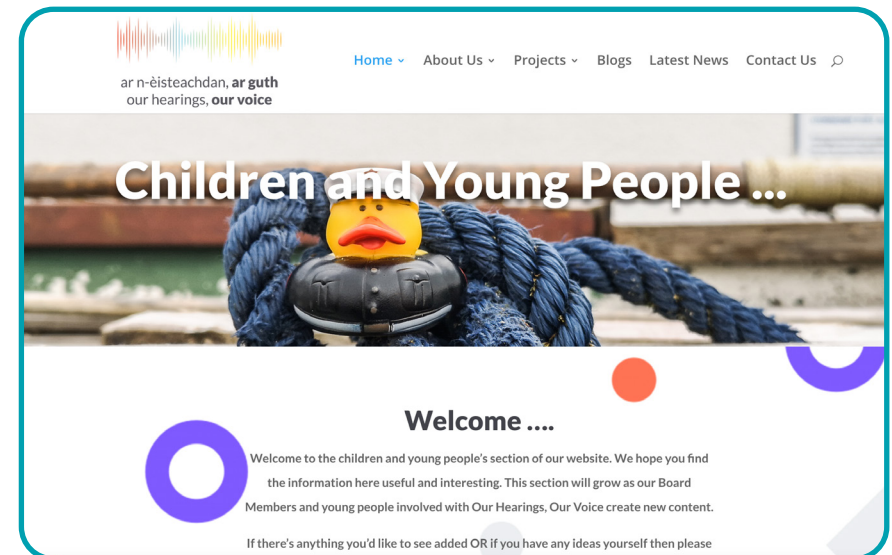
**I can ask my social worker to tell me more about what an advocacy worker is.**



## Other information

**If I feel worried about anything at the meeting I will try to tell the adults and they will try their best to help me feel less worried.**

**There are some ideas to help me relax before and after the meeting at**  
**[www.ohov.co.uk/about-us/children-and-young-people/](http://www.ohov.co.uk/about-us/children-and-young-people/)**



## **My feedback**

**If I have any comments about the guide, me or my parent/carer can email: [equalities@scra.gov.uk](mailto:equalities@scra.gov.uk)**