

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.



Sometimes we might have an online meeting 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.



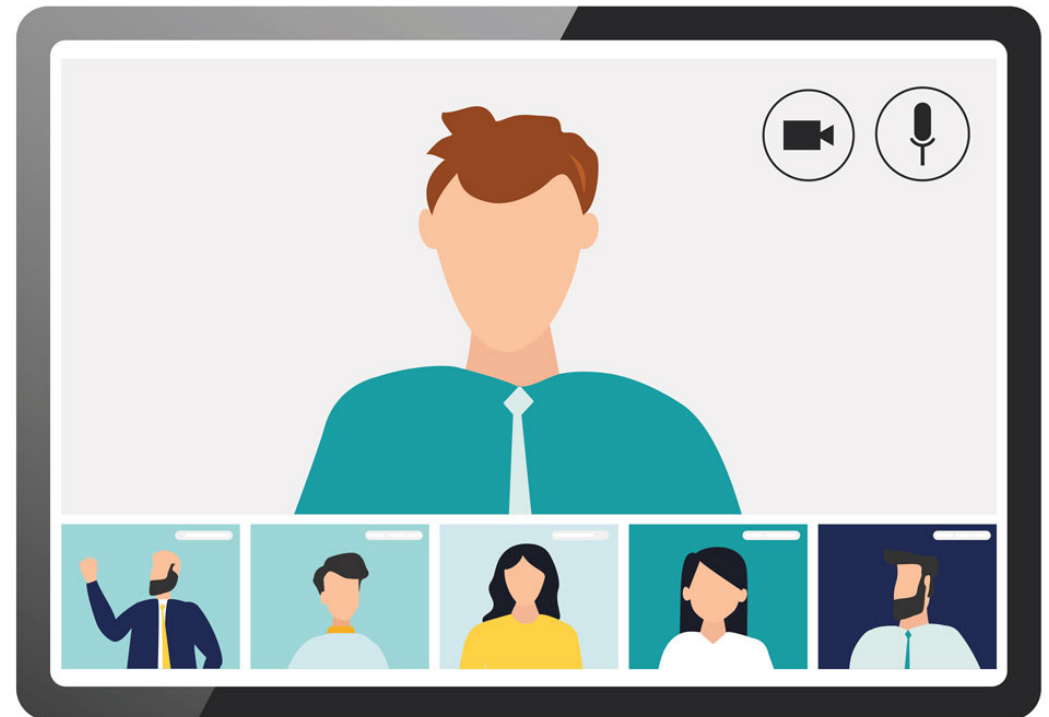
My computer or phone screen might have lots of squares with people's faces on them.



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.

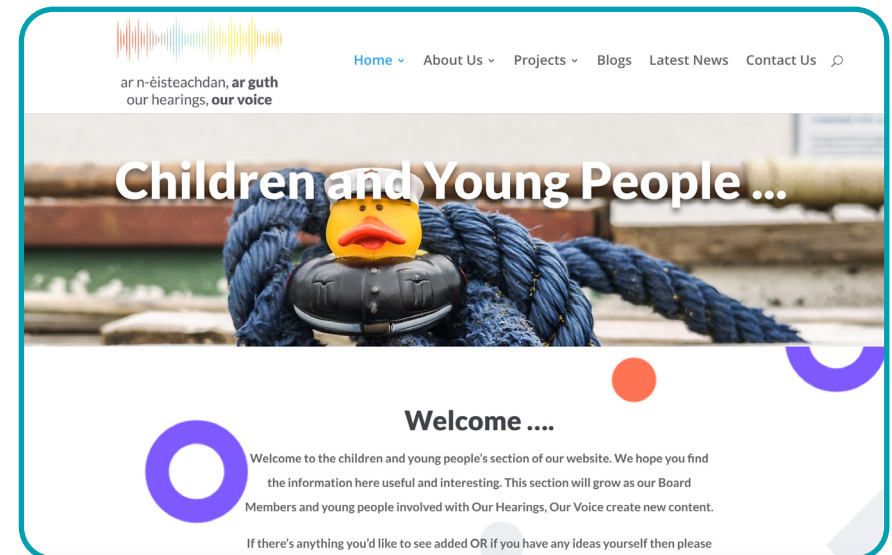
I can ask my social worker to tell me more about what an advocacy worker is.



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/



My feedback

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