

Taking control of my Hearing – A guide to help you prepare for your Children's Hearing



**Design your
Hearing**

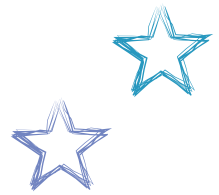
Your rights

**Get help and
support**

**take a
look inside**

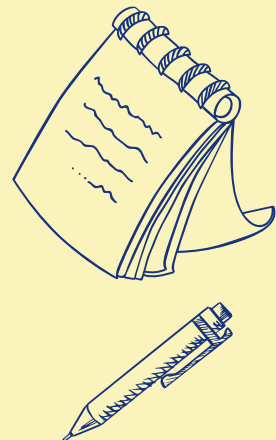


Contents



03	Welcome	11	Help and Support
04	About Me	12	Complaints and Feedback
05	Your Rights	13	Extra Information
06	Advocacy Help and Support	16	Our Hearings, Our Voice
07	Design my Hearing		
08	My likes and dislikes		
09	Decisions		
10	After your Hearing		

Let's get started



Welcome



Welcome to your taking control of your Children's Hearing booklet. This has been written and designed by young people from Our Hearings, Our Voice (you can find out more about them on page 16).

This booklet will help you through your journey in the Hearings System. You can fill in the sections that work for you.

**Your journey
= your booklet**



This booklet belongs to you. You don't have to share it with anyone if you don't want to.

There are some pages that you might want to share with a trusted adult before your Hearing.

You might need some help and there are lots of people who can support you. An advocacy worker is there for you. You will find lots more information on page 6 about how an advocacy worker can help you.

There are also some blank pages at the back of this booklet in case you need to keep notes or write down any questions.



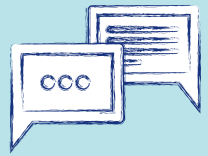
About Me

This is your space. You can write about you and what would help you in your Hearing. You can write about things that might upset you or things you don't want to talk about. There might be things that could make you more comfortable.

If you want to share it, just pull out this page and give it to your trusted adult.



Your rights before your Hearing



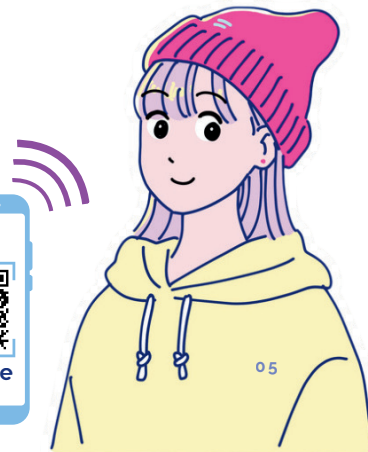
Did you know you have rights in a Hearing? In fact, you have lots of rights. Here's some of the really important ones...

You have the right to:

- Give your views to the Panel Members – and have them taken into account.
- Provide information that you want the Hearing to consider.
- Be given all the information that the Hearing has if you can understand it.
- Bring a trusted person with you to help you discuss things in your Hearing.
- Bring a lawyer (solicitor).
- Have the number of people attending the Hearing (at the same time) to be kept to as few as possible.
- To appeal against the decision made by the Hearing within 21 days from the date of the Hearing.
- To request another Hearing which can take place 3 months after your last Hearing (if your Hearing made or kept a Compulsory Supervision Order in place).



There are also things you can ask for, such as to talk to the Panel Members on your own or to ask to take a break.



Advocacy help and support



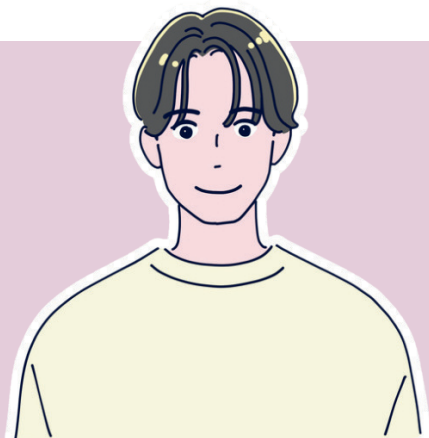
Your Children's Hearing is all about you. It is important that you are able to communicate how you feel, what you think, and what you would like to happen. An advocacy worker can help you with this.

Advocacy workers help you to give your views and make sure the people at your Children's Hearing know your views and what you want to happen. The advocacy worker will be there for you only.

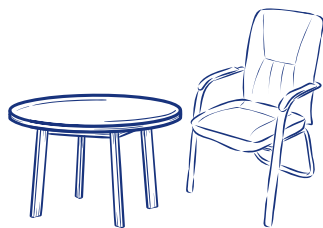
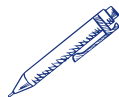
Advocacy workers can come to the Hearing with you and help you decide how you want to be heard – for example, maybe talking to the panel by yourself, by making a short voice recording or video, or you don't need to speak at all – your advocacy worker can pass on your views for you.

For some children and young people, advocacy support at a Hearing will increase your ability to participate. Getting an advocacy worker is free for every child and young person going to a Hearing.

There's lots more helpful information about how advocacy workers can help you – **www.hearings-advocacy.com**



Design my Hearing



Did you know you can ask for things that might help make your Hearing better? We will always do our best to arrange your Hearing in the way that you want, but this might not always be possible. If it is not possible, we will do our best to explain the reasons why.

Please write the information down here and give it to the Reporter, your social worker, your advocacy worker or your trusted adult.



name:

My preferences for my Hearing



This page can let the Children's Reporter know what can be done to help you in advance of your Hearing. They will do their best to meet your requests.

☐

I am sensitive to noise

☐

I don't like more than one person talking at a time

☐

I am sensitive to bright lighting

☐

I am sensitive to smells like strong perfume

☐

I can pay attention better when I am moving or fidgeting

☐

I prefer the room temperature to be

☐

Eye contact is uncomfortable for me

I like to be called

Please let us know in this space other things you like or dislike that could help you in your Hearing or things that you want or don't want to talk about.

Decisions



You can use this page to write what you would like to happen at your Hearing. You can give this page to your trusted adult if you want the Hearing to know.

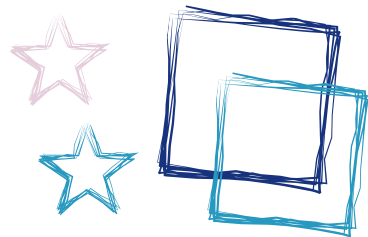
You can also complete an online form to give your views to the Hearing. Please fill this in before your Hearing – scan the QR code to take you to the form.

www.scra.gov.uk/hearing-about-me-online-form-young-people/



name:

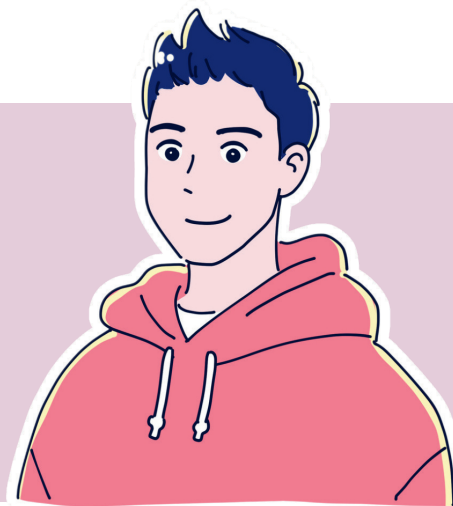
After your Hearing



You can use this space to help you understand what decision was made. You can also use the checkboxes to note when things have happened.

You can ask your social worker, advocacy worker or a trusted adult to help you with this.

	Did this happen
Decision	<input type="checkbox"/>
Decision	<input type="checkbox"/>
Decision	<input type="checkbox"/>



Help and support

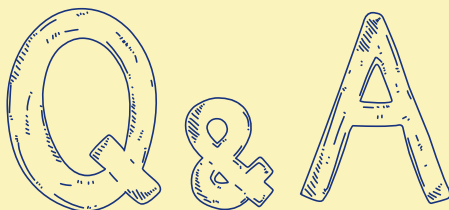


There are lots of people who can help and support you. You might want to talk to someone you can trust about what happened and what happens next.

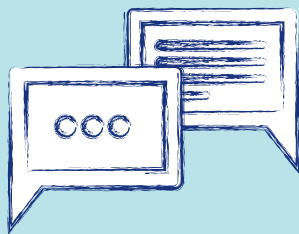
Plus, there is also a section on SCRA's website www.scra.gov.uk for children and one for young people with lots of information.



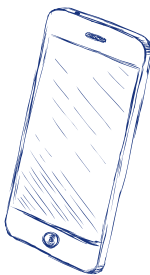
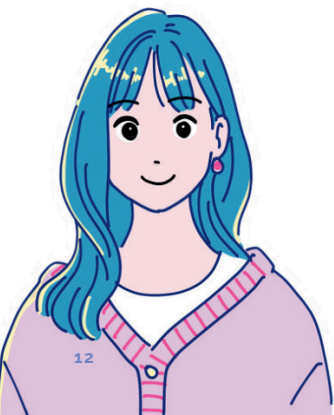
Scan this QR code to get more information and contact details for people who can help you.



Complaints and Feedback



If you are not happy, you can use this page to complain or you can also provide feedback. Please pass it to your trusted adult and they will pass it on to the right person.



name:

Other Stuff



This page includes some other information that might be helpful. Please remember, if you have any questions, you can contact your Children's Reporter, or speak to your social worker or advocacy worker. You can also get your trusted adult to ask on your behalf.

Pre-Hearing visits

Did you know you can visit your Hearing centre beforehand? You will be able to look around the place and ask any questions about who will be there and what to expect.

Virtual Hearings

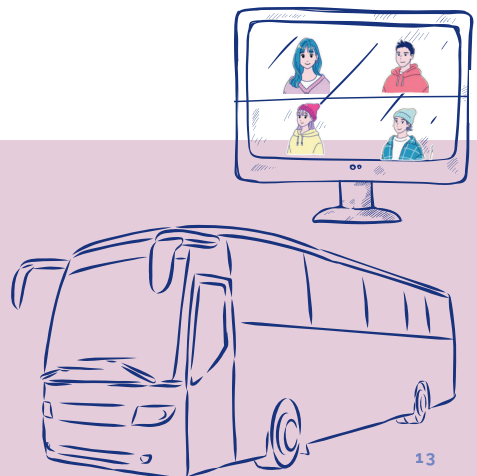
If you prefer, you can join your Hearing remotely. You don't have to be in the same room as everyone. For more information about this, please visit www.scra.gov.uk/virtual-hearings or talk to your Reporter.

Travel expenses

If you have to travel to your Children's Hearing, you have the right to claim back travel expenses. Please ask at reception on arrival at your Hearing, or you can ask your Reporter or social worker.

Your information

Your personal information is protected by law and it will only be shared with people authorised to see it.



Our Hearings, Our Voice



ar n-èisteachdan, **ar guth**
our hearings, **our voice**

This guide has been developed by young people from Our Hearings, Our Voice (sometimes called OHOV for short).

OHOV is an independent board for children and young people from across Scotland age 8 and over who have experience of the Children's Hearings System.

The aim of OHOV is to ensure children and young people have a decision-making role in the improvement of the Children's Hearings System.

Interested in joining us?

As well as making a real difference, there are lots of cool benefits, including:

- ★ Learning new skills, developing your confidence and making new friends
- ★ Lots of brilliant training and fun experiences
- ★ Vouchers for taking part
- ★ All your travel, accommodation and OHOV activities paid for
- ★ Cool merch.

What are you waiting for? Find out more on our website (we have a section all about recruitment) www.ohov.co.uk

