



# My scrapbook

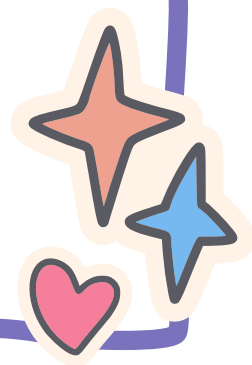
for taking **control** of my **Hearing** 

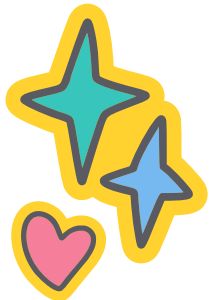


ar n-èisteachdan, **ar guth**  
our hearings, **our voice**



SCOTTISH  
**CHILDREN'S REPORTER**  
ADMINISTRATION





Key:



You can write on  
this page

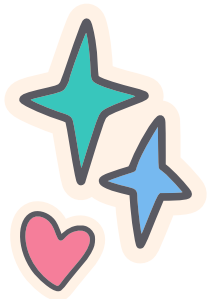


You can  
share this  
page

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# WELCOME

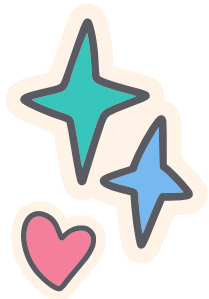
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Welcome to your Children's Hearing self-care scrapbook created by young people at **Our Hearings, Our Voice** for children and young people.

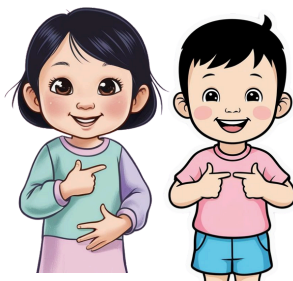
It can help you through your journey. You can fill in the sections that work for you.

This belongs to **you**. You don't have to share this if you don't want to.

If you need any help, there are lots of people who can support you like an advocacy worker. Find out more at **[www.hearings-advocacy.com](http://www.hearings-advocacy.com)**



# ABOUT ME



This is your space. You can write about you – your likes/dislikes. You can write about anything you like!

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

A large, hand-drawn blue rectangular box with a thick border, intended for writing about oneself.

*name:*

A hand-drawn blue rectangular box for writing the name.

# YOUR RIGHTS BEFORE YOUR HEARING

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Rights are things that have to happen. Did you know you have lots of rights in your Hearing?

In your Hearing, you have the right to:

- Give your views to the Panel Members. They will listen to your views and it will help them make a decision.
- Give information that you want the Hearing to know about.
- 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.

SCAN ME



# DESIGN MY HEARING



Did you know you can ask for things that might help make your Hearing better? Please write the information down here and give it to the Reporter, your social worker or advocacy worker.

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.

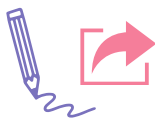
SCAN ME



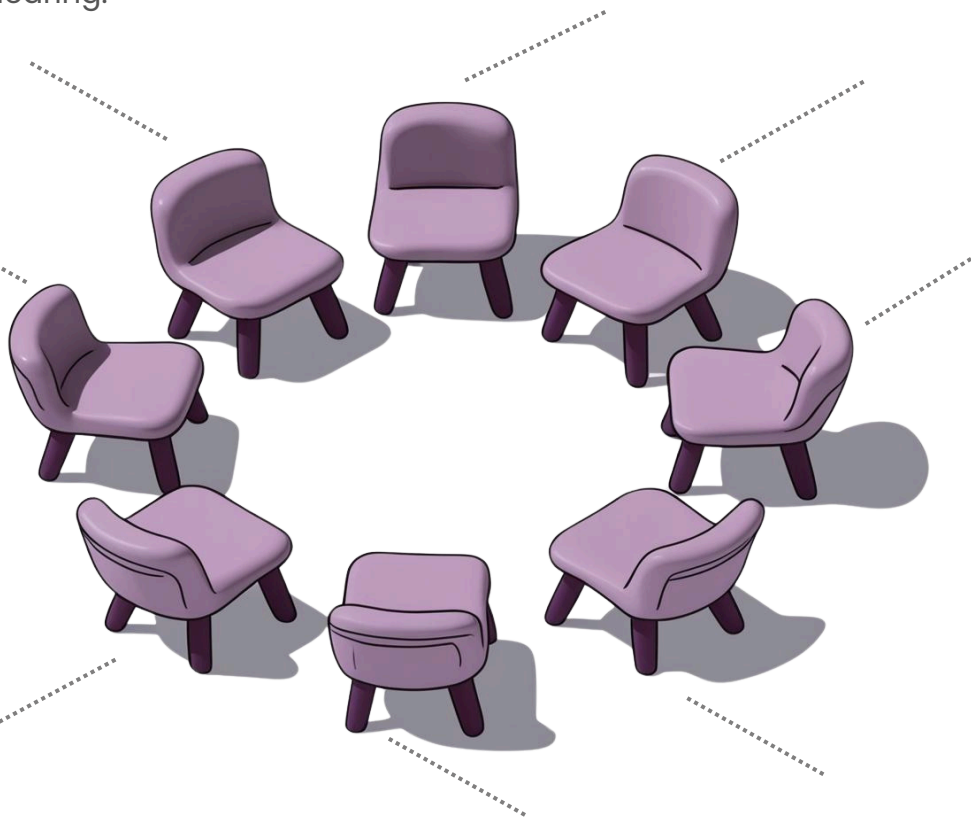
Remember, a  
Pre-Hearing visit can  
help you with this

name:

# IN THE HEARING ROOM



You can use this picture to say who you want to sit beside.  
You can also choose where you want other people to sit.  
Then pass this page to your trusted adult before the  
Hearing.



SCAN ME



name:

# DECISIONS



You can write here 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.

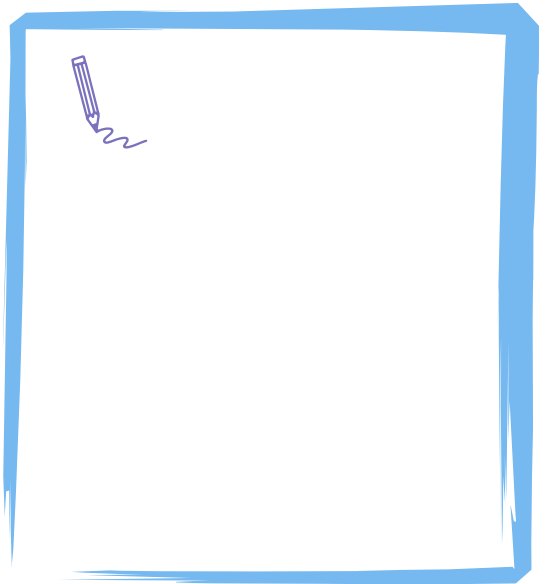
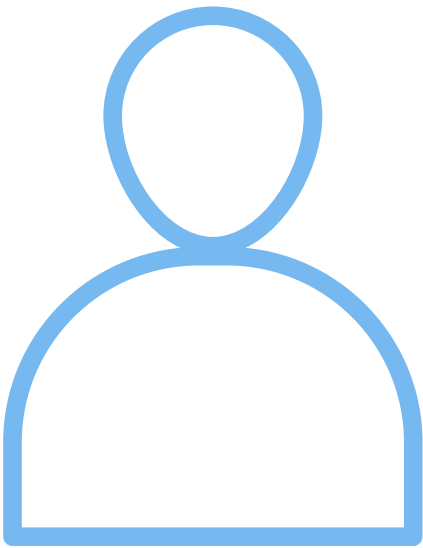
*name:*

# MY FEELINGS BEFORE MY HEARING

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How are **you** feeling **before** your Hearing? You can use this page to express your feelings.



*name:*

A blue rectangular box for writing the name.

# AFTER YOUR HEARING - CHECKLIST



**You** can use this space to help **you** understand what decision was made and did it happen.

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

☐

Decision

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Decision

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Decision

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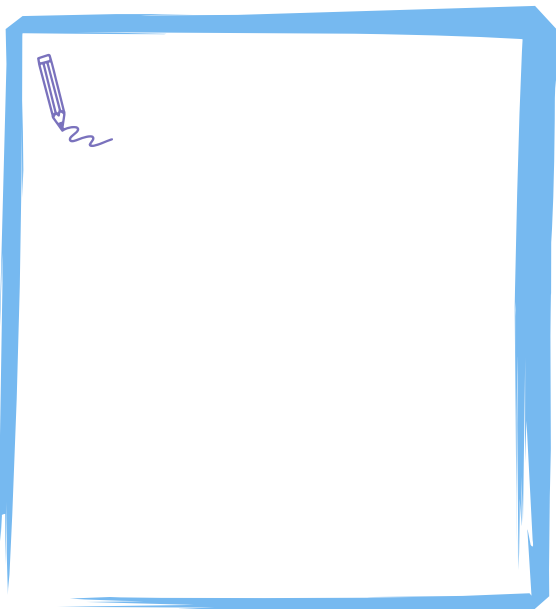
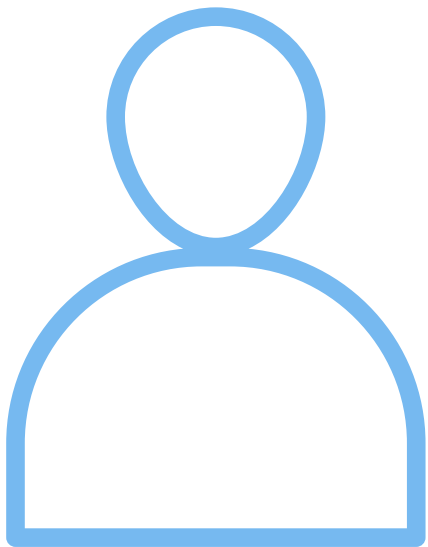
.....

*name:*

# MY FEELINGS AFTER MY HEARING



Now your Hearing is over, how are you feeling? Is it different than before? You can use this page to show how you are feeling.



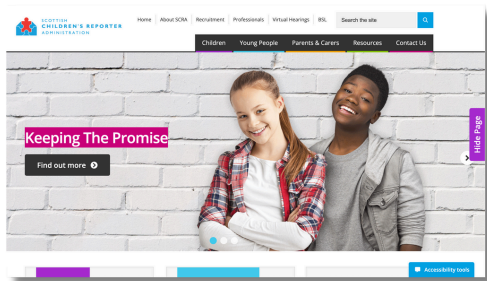
*name:*

# HELP AND SUPPORT



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

You can go onto SCRA's website which has a section for children with lots of information.



 [www.scra.gov.uk](http://www.scra.gov.uk)

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

SCAN ME



# DESIGN A DUCK

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Have you heard about **Our Hearings, Our Voice**?

We hope you liked the scrapbook and found it useful. You might not have heard about Our Hearings, Our Voice. We are a group of Hearings-experienced young people who want to make things better for other children and young people.

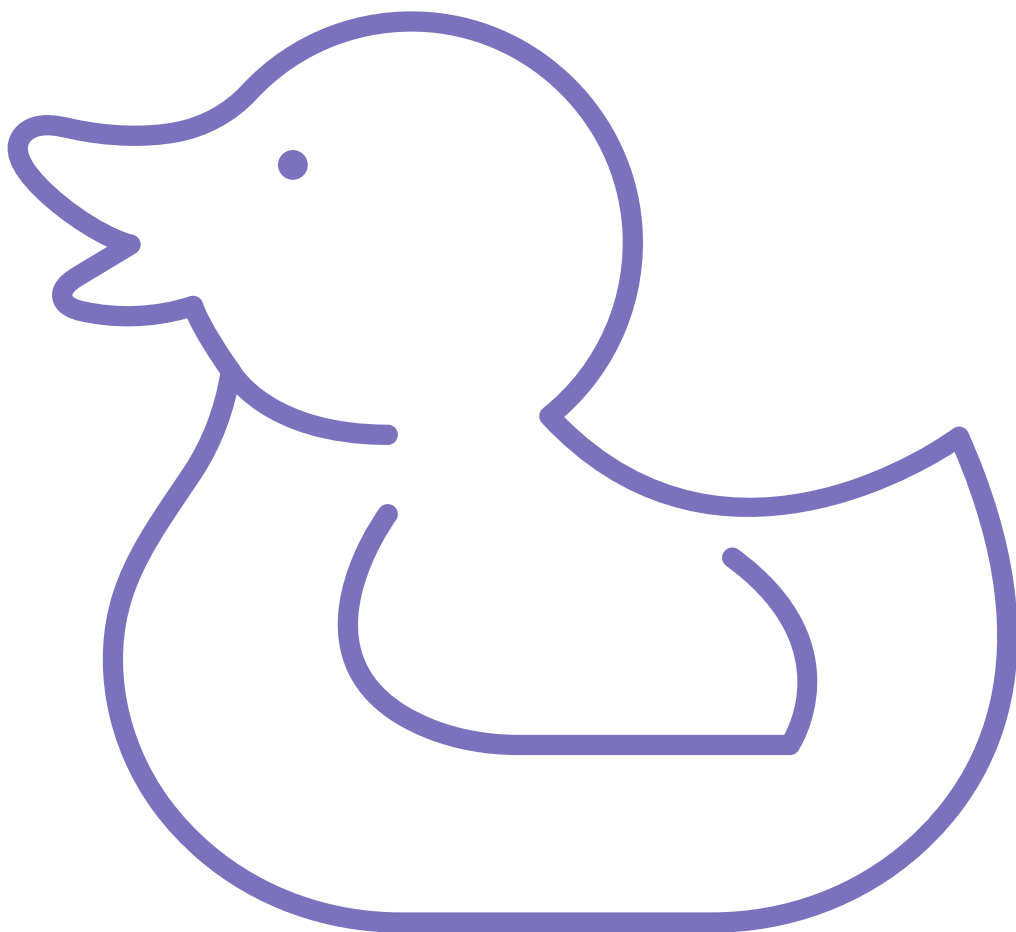
At Our Hearings, Our Voice, ducks are our mascot. We would love to see what your duck looks like. Turn over the page to have a go.

If you want to join Our Hearings, Our Voice, scan the QR code or visit **[www.ohov.co.uk](http://www.ohov.co.uk)** to find out more.

**SCAN ME**



# DESIGN A DUCK



# QUESTIONS?

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This is **your** scrapbook. If you want to keep a note of things that are important to you there are some blank pages for you to use.

If you have any questions about your Hearing, you can contact your Children's Reporter. Contact details are on your Hearing notification letter or you can visit the office location section of our website:

[www.scra.gov.uk/contact-us/office-locations](http://www.scra.gov.uk/contact-us/office-locations)

FEEDBACK

