

Are you talking
about me?

Listen To Me
I know what I want to do

Attach a picture of yourself

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If you would like this information in an accessible
format (for example in large print, on tape or by
email) or another language please telephone:
01904 551550.

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Ta informacja może być dostarczona w twoim
własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (بولی) میں بھی مہیا کی جا سکتی ہیں۔ (Urdu)

☎ 01904 551550



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There are four booklets in the "Listen To Me" series. Please read the guidance booklet first, which explains how parents, carers and professionals can support children and young people to make important decisions about their lives. One example would be to help children prepare for their review meetings.

Booklets 1 - 3 are to be used by adults with children and young people. All three booklets provide the same information, but each is written to suit children and young people at different stages of development. Parents, carers and professionals should choose the most appropriate booklet.

What is this leaflet for?

The booklet draws together examples of good practice and aims to encourage adults to be creative in helping children to express their views. What works best for one child, may not be appropriate for another.

The booklet is not designed for young people to look at on their own.

You may want to attach a picture of your child to the front cover when you share this booklet with them.

Please use the ideas in this booklet and ask the young people how they would like to express their views.

Thanks to Aiming High for Disabled Children
for funding this booklet.

After the meeting

- Someone will talk to me about the meeting, especially if I was not there for all of it
- I will hear about what is going to happen next

References

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Meetings

- When there is a meeting about me I can go if I want, maybe for a short time
- I can tell people who I would like to be there
- I will be told who else may be at the meeting
- We will talk about me



Listening to me

- helps people know more about me
 - helps us all make better plans

About me

It's my life - my views are really important

I want to be able to tell you what I think

I want to talk about what really matters to me

I need to know who will be helping me to make plans

There are lots of different ways I can tell people about me, but I may need some help

If there is a meeting about me I want people to know what I'm thinking even if I'm not there

I need to know what is happening next

I want to show what I can do well



I can tell people what I want to say

I can say what I like and do not like

I can show pictures and photographs

I can tell someone what I want and ask them to say it for me

I can show my work

I can make a video

I can act it out

I can use symbols

I can make a presentation about me

I can sign

