All About ME!

[Image of children and a sign reading "Kids Central"]
ABOUT THIS BOOKLET

This booklet is yours and it is special.

It's somewhere where you can keep your thoughts and ideas and tell us what you need.

We'll keep secret things you don't want us talking about unless we're worried about you or think you're not safe.
We'd love to keep a copy of the book so we know what's special to you and what you'd like from us

Worker details:
My worker's name is: ____________________________

☐ It's OK for my worker to copy this book so they can remember what we talked about and use it to help me and my family.

I am happy for my worker to share my ideas and needs with:

☐ my family including: ____________________________

☒ other workers ____________________________

☐ my teacher ____________________________

☐ other people ____________________________

☐ I understand that my worker might have to tell someone if they are worried about me or think that I'm unsafe.

Signed ____________________________

As you fill in this book you can tell your worker if there are things you don't want shared.

WORKER TO FILL OUT:

I __________________ have explained how this book is special and how I will respect the things in it.
We have talked about what kids can expect from me and my service and what to do if they're not happy.
One thing I'm really impressed about _________ already is: __________________

Signed: ____________________________
About ME!

Name ____________
Age ____________

Where I live and who lives with me

Who does NOT live with me but means a lot to me
What I can expect

At this service you can expect...

To be asked about what you want

To get told about what's happening

To have fun and to play

For you and your family to be treated kindly, fairly and with respect

To be and feel safe

To get what you need (food, a place to live, love and warmth, being able to go to school and to be protected)

To be listened to if you're not happy and for workers to try hard to make things better

For your story to be treated respectfully/as precious and for it to be treated with care

To be given some choices about how things are done

If you’re not happy or believe that you haven’t got what was promised you can:

Me and the other workers will do what we can to make sure these things happen.
Signed ____________________

I’ve had these things explained and I understand.
Signed ____________________
About my family

What happens when your family feels sad, worried or angry?

Can your family sort it out?

YES  No  Don't Know
If YES, how?

What could help your family?
Helping my family

Is there anyone who helps you or your family?
Maybe they take you to school or look after you at home?

You can draw them or write their names.

How do these people help?

Is there any other help we need to find for you?
My journey

Life is like a journey.
What are the important things that have happened to you on your journey?
Are there things that have made you scared, worried or upset?
Are there things that have been good, have made you feel safe or happy?
My life

What I’m not so happy about my life at the moment.

What I like most about me

What I like most about my life right now
Things that make me feel....

- Happy
- Good
- Worried
- Sad
- Bad
- Afraid
- Angry
My Needs

- Who I like to see
- Where I like to live
- What I need to keep me safe
- Where I like to go to school
- Activities I like to do
- How I like to keep healthy
My worries

Do you have any worries about what's happening now or about what will happen in the future?

Friends

Pets

Your school or neighbourhood

Future

Where you're staying

Is there anyone you can talk to about how you feel?

YES NO

If YES, who?

Anything else?

Your family

Where you live?
Feeling safe

What makes you feel safe?

When DON’T you feel safe?
My hopes for the Future

Sometimes we don’t know what is going to happen in the future, but we can help you think about it.

Family?

School?

Friends?
My space

You can use this space to write or draw about your feelings or anything that is important to you.
Acknowledgements

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More information about Kid Central is available at www.acu.edu.au/icps