

# THE PLEDGE:

"A PROMISE  
YOU HAVE  
TO KEEP"

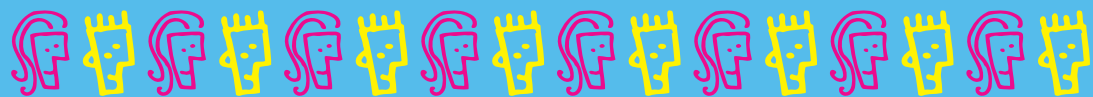


## It's Your Review

upto 11 years

Middlesbrough  
moving forward



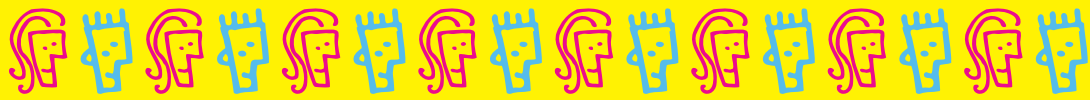


# Your Review

- ① It's time for your review
- ② It's time for you to have your say and to let us know what is important to you
- ③ Please tell us what you think so we can look after you the best we can
- ④ By sharing your ideas, your hopes and fears, you can have a say in decisions and plans about you

This form has been filled in by:

Date:

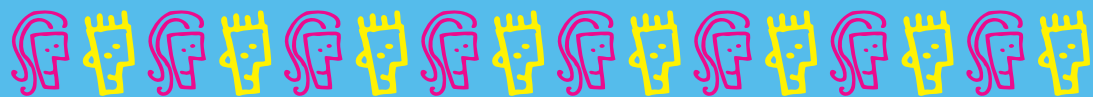


# All About You?

Name:

Age:

This is me:

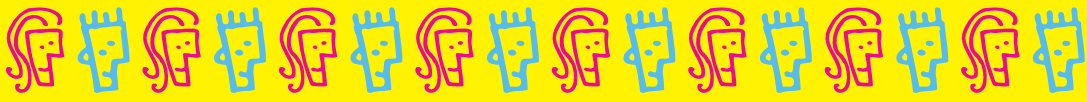


# Where You Live?

What you think about where you live is very important to us. We want to make sure:

-  That you like where you live
-  That you feel welcome
-  That you understand the 'House Rules'
-  That you can talk to someone about where you live
-  That you feel safe and that you feel cared for





Do you like where you live?  Yes  No

Do you get on well with your carers?  Yes  No

Can you talk to your carers about any problems you have?  Yes  No

Is there anything you would like to change about where you live?  Yes  No





# Your Friends and Family

We know how important it is for you to remember who you are and where you are from. We will:



Help you to keep in touch with your family and friends



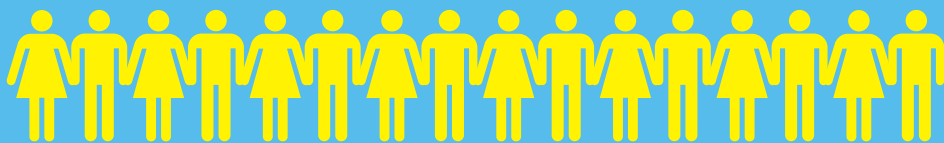
Help you to make new friends and build relationships

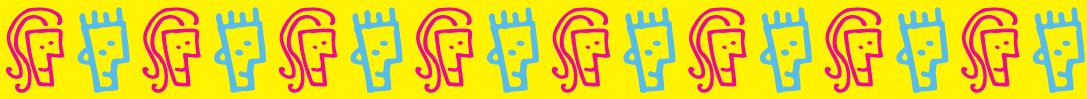


Make sure you have the chance to meet other children and young people that we look after



Make sure that you can visit your friends and that they can visit you





Do you see any of your family or friends?  Yes  No

Who do you see now?

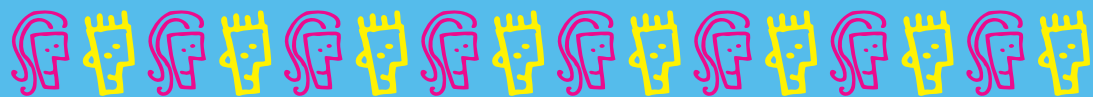
Are there any other people that you would like to see?

Yes  No

Who else would you like to see?

Is there anything that you would change about seeing your friends or family?  Yes  No





# School

Your hopes and aspirations about the future are important to us. We will:



Help you to plan for your future



Encourage you to think about your dreams



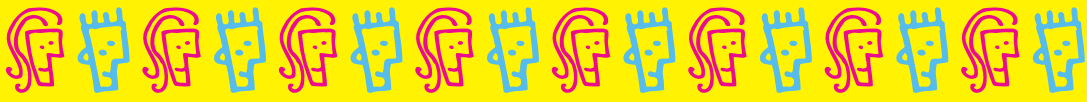
Help you to achieve your goals



Believe in you and support you to do well in School







Do you like your School?  Yes  No

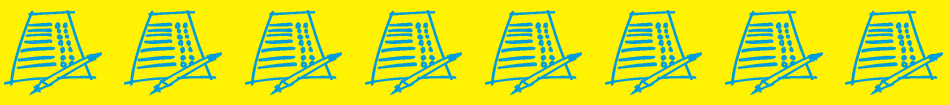
Is there anything you want to say about your School?

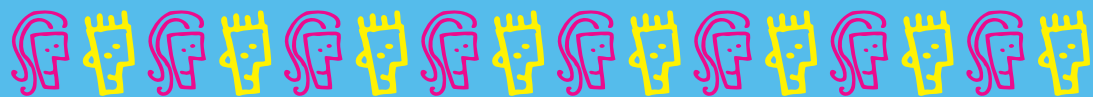
Do you take part in any School activities?  Yes  No

Are there any activities in school that would like to be part of?  Yes  No

Do you have a Personal Education Plan (P.E.P)?  Yes  No

Were you involved in writing your PEP?  Yes  No





# Your Spare Time

We understand that your spare time is important to you. We will:



Explore and encourage your hobbies and interests

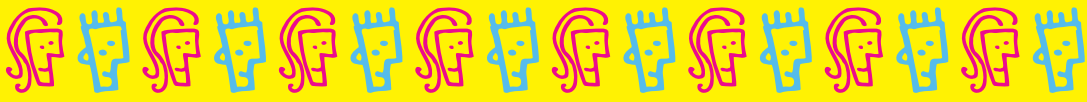


Listen to the kinds of activities that you would like to do



Support you to take part in activities that you enjoy



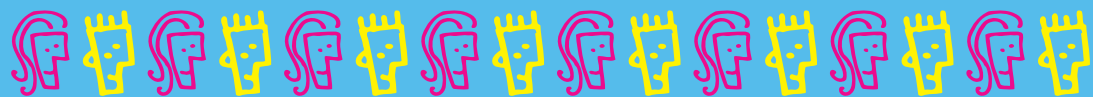


What do you like to do in your spare time?

Are you part of any clubs or groups?  Yes  No

Are there any activities, groups or clubs that you would like to be part of?  Yes  No





# Your Health

It is important that we make sure that all of your health needs are met. We want you to:



**Be Healthy**



**Be Happy**



**Be Active**

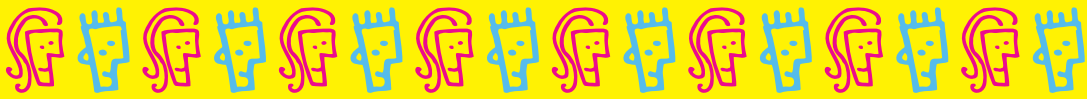


**Have someone to talk to**



**Feel listened to**





Do you feel fit and well?  Yes  No

Do you have any worries about your health?  Yes  No

Do you eat 5 pieces of fruit or vegetables?  Yes  No

What is your favourite fruit or vegetable?

Do you enjoy exercise?  Yes  No

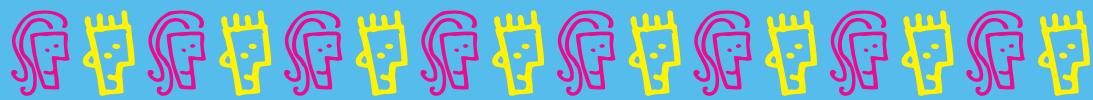
What do you like to do?

Do you know who to talk to if you have a problem?

Yes  No

Who?



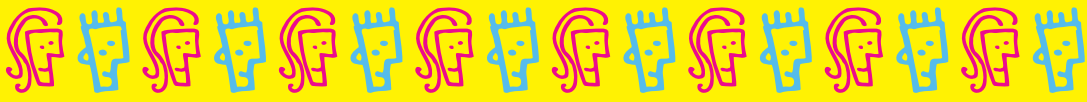


# How are you feeling in general?

It is important for us to know how you are feeling so we can make sure that we look after you in the best way we can. We will:

-  Listen to you
-  Make sure that there is a way to make things happen for you
-  Make sure you have a say in the decisions made about you
-  Make sure you can talk to someone independant
-  Support you to make a complaint if you are unhappy about something





How are you feeling at the moment?

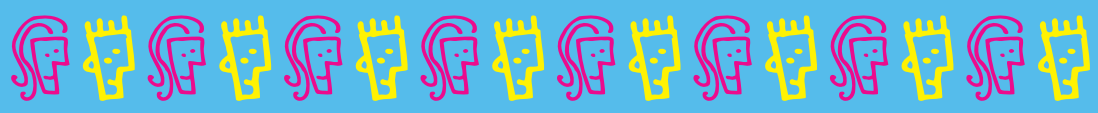


What makes you feel happy?

What makes you feel sad or upset?

What would you like to happen in the future?





# Doodle Page!!

