

## **Me and My World Assessment and Review: A Guide for Children and Young People**

### **What is Me and My World?**

Me and My World is a way that social workers in Brighton and Hove will work with you to do all we can to ensure that you grow and develop to be the best that you can be. Me and My World is a way that social workers will meet with you to get to know you, find out what's going on for you and what makes you tick. Social workers want to make sure that you understand why you are in foster care, what happened in your birth family and what you feel about this now. They also want to recognise your interests, hobbies, successes and achievements and help you build on this for the future.

Every year, social workers will write a record of all the ways in which you have grown and developed in a Me and My World Assessment. It will include important stuff about what you were like at a certain age that will be important for you to remember as you grow older. It will be written in a way that will be fun, interesting and make sense to you. It will be written for you and not about you. The Me and My World Assessment will also include a memory box of photographs and other stuff that means something to you. Your social worker will also talk to your birth family and foster carers and get them to add things to it too. Your foster carer will also write a letter every six months that records how you have been doing for you to read when you are older. You'll be able to keep the Me and My World Assessment and memory box for always.

The Me and My World Review is a new meeting that will be held instead of LAC Reviews. We want to make sure that it's a meeting that you want to come to and take part in. You'll be able to decide who you would like to be at the meeting and what you would like to talk about. You can decide with your social worker and IRO how the meeting is run and what you would like to do in it. You can contribute to the meeting by doing something creative like do a blog, poster, poem or picture that you can share and feel proud of.

### **Me and My World means your social worker should:**

- Explain why you are in foster care and answer any questions that you may have.
- Talk to you about the job of a social worker and a bit about themselves and what they like doing.
- Talk to you about what you would like from your social worker and the sorts of things you would like to do with them.
- Meet with you at least every six weeks, sometimes more, to get to know you, find out what's important to you and what makes you tick.
- Create a memory box to store important things for you.
- Meet with your birth family and tell them how you are and let you know about them if you would like to.
- Make sure that your foster carer writes a letter every six months which says how you have been getting on, your successes and achievements.
- Help you prepare for your Me and My World Review, who you want to be there and what you want to do or say in it.
- Make sure that your foster carer takes lots of photographs and keeps things that are important to you to include in your memory box.

- Write a Me and My World Assessment every year and include key events, achievements and successes.

**Me and My World Means that You Can:**

- Meet with your social worker and do something that interests you.
- Talk to your social worker about what you would like to be recorded in your Me and My World Assessment.
- Think about any questions that you might have and ask them.
- Add things to your memory box
- Plan your Me and My World Review and run it the way you want to.
- Create something to share at your review a video blog, powerpoint, poem, letter or picture that says something about you.
- Read your Me and My World Assessment whenever you would like to.