



Guidance Document for Completion of This is Me Form



Remember that **the forms we use are for all children and young people aged 0—25 applying for or with an EHCP**. Its format may seem a little young to you now you are a young adult. However it is very useful for our teams as it means at a glance they can clearly see that your words and thoughts have been included in the information. We are also working to make the Bee a symbol of children and young peoples participation across our partners so do keep an eye out for the bee, in letters sent to you, at events, in school and college and across the county.



Here are a few things to think about when filling out the 'This is Me' form.

This should be filled out by the young person wherever possible and should ALWAYS reflect their views. Some ideas of how to do this are below.

This form should be shared with other professionals in health and other agencies who are asked to complete advice for the Education, Health Care Plans and so you will be asked to give permission for this. Wherever possible, this permission should come from the child or young person. There is a consent form for this purpose which should be in your pack. If it is not please contact your Educational health coordinator (ECHO).

Always remember this plan belongs to the young person. IT IS THEIR PLAN. THEIR STORY. WE ARE TO SUPPORT THEM. THEY HAVE THE RIGHT TO KNOW / READ / SEE WHATEVER IS WRITTEN IN THEIR PLAN.

Creative Ideas to capture child / young person voice:



Visual observations and written notes



Use of video recording - don't forget to share link and please ensure a transcript is available for use .



Books and photographs to prompt discussions



Puppets/dolls/small world play/avatars



Questioning



Music/ Art work / Drawings



Story writing – can provide a 'space' between the child or young person's internal world and external reality .

Using adaptive technology.





Prompts and ideas for answers to headings given on This is Me form.



***Social worker or other Professionals**

We know not everyone has a social worker. So please tell us here about your most trusted adult. This might be parent, SENDCO, class teacher, head of year etc.



The Important People and Pets in my Life are:

Who do you live with? (Give us names but also their relationship to you, e.g. Ganma, is maternal grandmother)

Do you have any pets?

What do you enjoy doing with your family?

Who helps you?

Who do you talk to?

Why are they important?



My favourite things to do are? My favourite things to watch are?

What makes you happy?

What are your favourite activities or games?

Do you go to any clubs?

Where are your favourite places to visit?

Do you enjoy spending time with friends?



Professionals might understand me better if they knew:

What helps you at school / college with things you find difficult?

How can adults help you?

What helps you to feel safe and happy?

What can other people do to make your day easier?

What technology helps you



My feelings about education / employment are:

What are you good at, at school /college?

Are you good at any particular activities?

What would your family and friends say that they like about you?

Do you find certain times at school / college the hardest, for example at break or lunch times?

Do you need anything to help you access school or education?

Is there anything that you find difficult at school or college?

Do you find friendships / social activities difficult? Why?

What do you need to help you achieve?

