

Accessing Your Records

A workbook for young people who are thinking about accessing their records held by Hertfordshire County Council.

**If plan A doesn't work,
relax
the alphabet has 25 more
letters.**



Are you ready? Are you prepared ?

It's important you think about your reasons for reading your records as well as taking some time to explore what potentially could come out of reading them. Below you will find some questions that may help you with this.

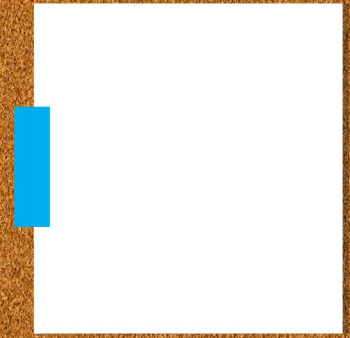
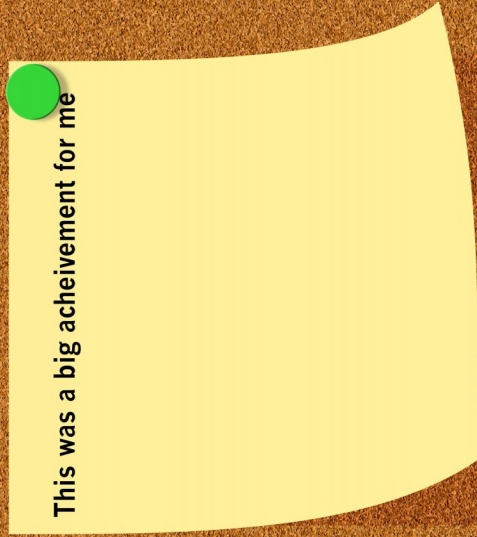
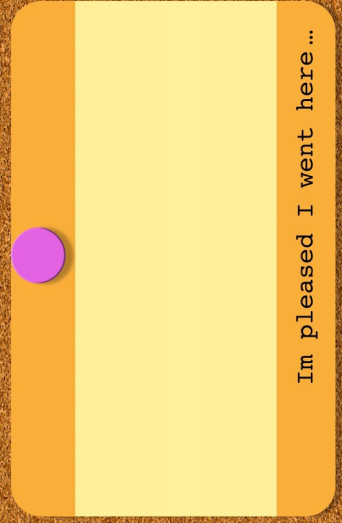
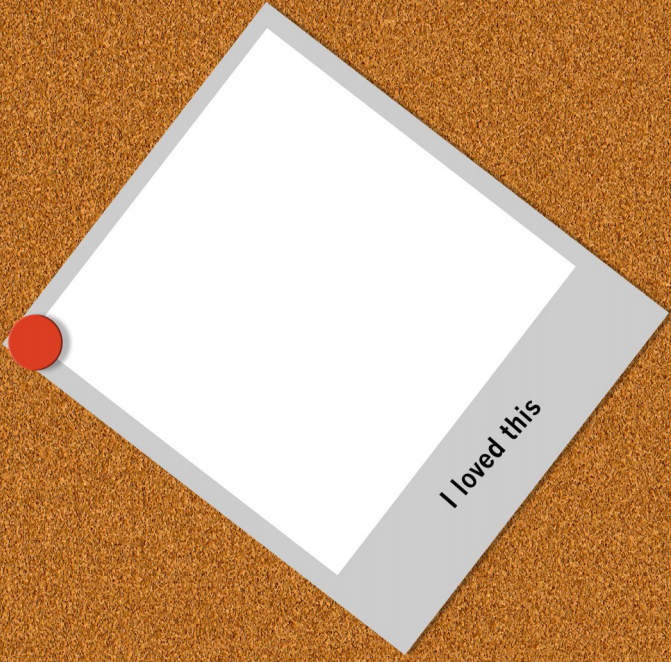
Why do you want to access your records?

Is there anything you wouldn't want to read about ?

Unfortunately it is not possible to take something out you don't want to read about but it is worth thinking about it and how you will deal with it if it comes up

What positives can come out of reading your records?

What negatives can come out of reading your records ?



My emergency plan

As we mentioned previously your records can be both a positive and a negative experience. You may read information that you didn't know or something you find upsetting.

When we get upset it can be very difficult to 'think straight' and know where to get help and support

Use the space below to think about your plan, as well as some back up plans in case 'Plan A' doesn't work.

You may want to think about who you can contact, or what you can do to relax e.g. go for a walk, or play a game.

Plan A

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- *
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- *
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- *



Plan B

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- *
- *
- *
- *
- *

Moving forward

What are 3 positives that have come from reading your records ?

- 1.
- 2.
- 3.

What if I think something in my records is wrong?

In your records there will be facts and opinions. If a fact is wrong like your name, age, date of birth etc then please contact Hertfordshire County Council and we will do our best to change it. If you feel someone's opinion is wrong such as someone's view on your situation, unfortunately this may not be able to change, because this is in the past. For example a carer may say that your bedroom was always messy. You may not agree with this but it cannot be changed.

Below is some space for you to think about any questions you have about your records, who you can go to and how you can contact them.

Question	Who to ask	How to get in contact

You
Can't change the past but
you
can change the future

Did you know ?

NYAS (national youth advocacy service) can help you voice your concerns. They are independent so don't work for the council.

My Goals

Your records are good at telling you what happened in the past but it is important that you look to the future.

Think about the next 3 and 6 months, what do you want to achieve? Where do you want to be?

Remember this is about you it can be as big or as small as you want.

In 3 months time ...

In 6 months time...

**If it doesn't open
if wasn't your door**