

The Pledge

For young people in care, aged up to 18 years

These are your rights !

Developed with young people from CHICC



This is our promise to you

It is for all children and young people aged up to 18 years who are looked after by Hertfordshire County Council.



The promises we make here should be how things happen for you.

If they don't, you can use this booklet to ask why.

Turn to the back to find out how.





Be Healthy

We will help you to be as healthy and well (mentally and physically) as you can be



Be Safe

When you first come into care we will help you understand why you are coming into care and make sure you have everything you need



We will make sure you have a social worker. Your social worker will do their best to spend time with you and get to know you



We will protect you and keep you safe and settled .



We will listen to what you think when adults are making decisions about you



We will only share information about you if we are sure it is best for you



Be Ambitious

We will support you with education and school, to help you achieve the best you can



Be Resilient

We will help you feel self-confident and able to deal with life's challenges



We will help you know who you are and about important events and people in your life

Be Independent

We will make sure you are always helped to get the skills you need to be as independent as you can be



We will tell you about things you are entitled to like pocket money and savings

Be Happy

We will help you to keep in touch with family and friends, as long as this is safe





Be Happy

We will help you take part in things you want to do



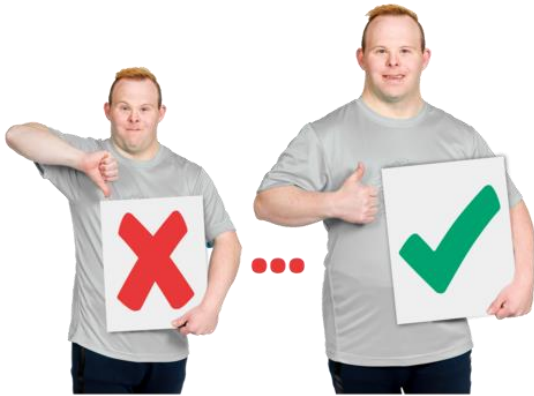
We will listen to what you think about how to make being in care better for lots of children and tell you how you can get involved with CHICC



CHICC is run by and for young people in care. It is to make sure you can have your say about being in care, and help make services better for others.

CHICC runs lots of events and activities throughout the year.

To find out more contact the Participation Team on 07812323854



What can you do if you think this pledge is not working?



Speak to your carer or social worker.

They know you well and are usually the best people to help put things right. Your social worker should give you their number on a contact card



Talk to your independent reviewing officer (IRO) during the review meeting or at any time.

Your IRO should give you their number on a contact card



Contact NYAS, (National Youth Advocacy Service) advocacy service
(Contact details on the back)

They can help sort out problems with you. They are not part of Hertfordshire County Council, they are an independent agency who can help you be heard.



You can also complain to Children's Services about your care if you want to. We can help you do this if you would like us to:
Complaints Team 01992 588542
cs.complaints@hertfordshire.gov.uk

Once you turn 18 you can see our continued promise to support you in our '**Pledge to Care leavers**'. Ask your worker for a copy.

You can also find out more online at
www.hertfordshire.gov.uk/incare

The Participation team run CHICC - Children in Care Council

07812323854

CHICC@hertfordshire.gov.uk

www.hertfordshire.gov.uk (search CHICC)

Children's Commissioner

Promotes and protects the rights of children and stands up for their views and interests using unique statutory powers

020 7783 8330

www.childrenscommissioner.gov.uk

Help at Hand

Independent advice and representation for young people in care and care leavers

0800 528 0731

help.team@childrenscommissioner.gov.uk

CRAE

Children's Rights Alliance for England

Protects the human rights of children by lobbying government and others who hold power

020 3774 2279

www.crae.org.ukinfo@crae.org.uk

Become

Become are a charity for children in care and young care leavers

0800 623 2033

www.becomecharity.org.uk

advice@becomecharity.org.uk