 This is Me!

This is the form that we ask all children and young people to fill out when they are working with us. It helps us, and professionals involved in your support, understand more about you. There may be questions here you are not sure about. You can use the guidance form to help you. You can find them here: [www.hertfordshire.gov.uk/thisisme](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.hertfordshire.gov.uk%2Fthisisme&data=05%7C02%7CSarah.Stevens2%40hertfordshire.gov.uk%7Cdd1a0f233b5e46bca2b008dc742b8cd3%7C53e92c3666174e71a989dd739ad32a4d%7C0%7C0%7C638512977594039144%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Gi5AMZS%2FNkIxGG0TgrWhWDvidQzXFWDtF1S6M%2FdEpr0%3D&reserved=0)

Return this as soon as possible in the process and do not forget to attach the consent form. This helps everyone working with you and your family in getting to know you, your strengths and your needs.

What do you want workers to know about you? Here are some questions you can answer. You don’t have to answer them all, and you can add anything else you want.

1. My name is
2. I like to be called
3. Add a picture or self portrait of yourself (you can add this as a separate .png or .jpeg if you would like – just put your name as a file name)
4. The religion I follow is
5. How I would describe myself (shy, funny, cheeky etc)
6. The important people in my life are (Don’t forget to tell us who they are to you for example nono is maternal grandfather)
7. My favourite things to do are
8. My favourite things to watch or listen to are
9. The foods I like most and least are
10. The best time of day to meet me is
11. Where I would prefer to meet professionals supporting me
12. Professionals may understand me better if they knew
13. What do I want from those supporting me
14. The best way to communicate with me is
15. My feelings about education are
16. In the next year I am looking forward to
17. My goals in the future are
18. I am good at

Optional extra questions:

1. My behaviours when I’m feeling overwhelmed can be
2. The important pets / animals in my life are

Additional question options for those over 16 only

1. The gender I identify as is
2. The pronouns I would like to use are

Thank you for completing this form it will help anyone working with you to understand more about you.

Do not forget to send the consent form and picture of yourself with this document.