

# Older “My Journey” : How to guide

This document will outline a number of things:

- ◇ What the older My Journey document is and what is it about
- ◇ How to use the older My Journey document
- ◇ Helpful tips, tools and ways of filling in a My Journey



The most important thing to remember when using **ANY** my journey document is that it is not a set document. You do **NOT** have to use the pages in order. It is more of a pick and mix.

You can print those pages double or single sided.

Remember that every young person is different. You can use the pages as worksheets or as prompts to see what you need to achieve in a session. Be creative about how you communicate with children and young people. This how to guide will show you some of the things you can do to involve older young people when filling in a My Journey. You can use some of those techniques to engage the younger children as well.



The templates are in Tri X in the ‘toolbox’

The templates can be printed to use as a hard copy or they can be used electronically.



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It is a older version of 8 top tips although it can be used alongside the expectations document to prompt.

The expectations document will be filled in by young people to the worker and vice versa.

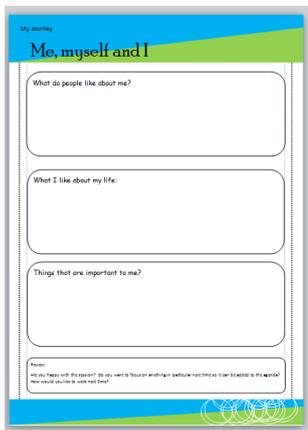
The pages can then be scanned in or photocopied.

Things that could be included in the contract could include:

Being punctual, listening to each others views, being honest. If the young person wants to change something in addition to what is already in their plan, being able to see if it can be done. Feedback etc.



The 'Expectations Contract' form features a title bar with a blue and green gradient. Below the title, there is a large, empty rounded rectangular box for 'My Expectations'. At the bottom, there are two signature lines: 'Signature (Young Person)' and 'Signature (Worker)'. The form is decorated with small cartoon illustrations of a boy and a girl on the sides.



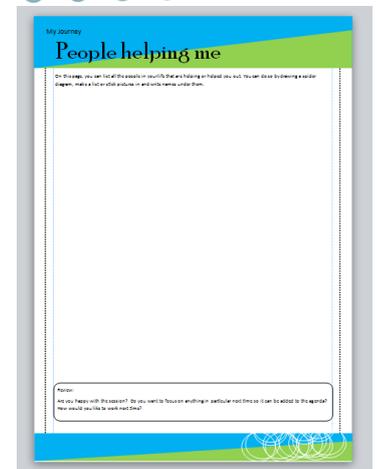
The 'Me, myself and I' form has a title bar with a blue and green gradient. It contains three large, empty rectangular boxes for writing. The questions are: 'What do people like about me?', 'What I like about my life:', and 'Things that are important to me?'. At the bottom, there is a small section for 'Notes' with a question: 'Do you have any thoughts? Do you want to raise anything particular that has not been added to the report? Do you need anything we can help with?'

The older version of my one page profile.

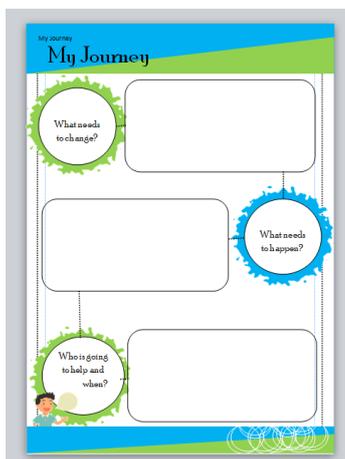
It only has three boxes to allow the spark of the conversation. Additional questions about the young person can be asked in discussions.

There are many ways of finding our more. (See the “Older My Journey Tools” document.)

The page is blank as every young person can design it to look differently but it would still answer the question at hand.



The 'People helping me' form has a title bar with a blue and green gradient. It contains a large, empty rectangular box for writing. At the bottom, there is a small section for 'Notes' with a question: 'Do you have any thoughts? Do you want to raise anything particular that has not been added to the report? Do you need anything we can help with?'



The 'My Journey' form has a title bar with a blue and green gradient. It features three large, empty rectangular boxes for writing, each with a question in a circular frame: 'What needs to change?', 'What needs to happen?', and 'Who is going to help and when?'. At the bottom, there is a small section for 'Notes' with a question: 'Do you have any thoughts? Do you want to raise anything particular that has not been added to the report? Do you need anything we can help with?'

Just like the younger version, the older version of “My Journey” has the same questions.

This is the page that translates the actual plan for the young person.

It is also an opportunity for young people to say what they want to change. As many points can be included in boxes.

The young person can write one thing in each box or multiple bullet points in each of the boxes. The three columns on the ‘My Journey’ page reflect the three columns on the Liquid Logic Plan.

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My Journey  
People that are important to me

The reason why this page is blank is because it gives the young person, the opportunity to personalise the document. Have a look at the tools document to see how this can be done.

This is a replacement of “the road” in the younger version of My Journey.

It is an opportunity to evaluate the work that has been done and which still has to be done.

My Journey  
What has changed?

What has changed?

What helped?

What did not help?

How could things be further improved?

The idea behind this page is to be able to review almost every session. The young person will be able to point out what they liked about the session and what needs to be improved.

It is also their chance to say what they want to do in the following weeks in addition to what you as a worker have to do.

It can also outline how they would like to tackle the topic next week. Whether they want to make a collage or write a poem about their family and what is important to them.

It can also be a review of whether the things written in the contract are being met.

My Journey  
Review

Are you happy with the session? Do you want to focus on anything in particular next time so it can be added to the agenda? How would you like to work next time?

