

## **Feedback from Young people in South Glos**

-Be there for me; even if you are not always able to come out and see me, text me quite often asking if I'm OK, and show me that you care.

-Be more fun, don't always be too serious with me.

-Don't put me on the spot too much (like asking lots of private questions face to face); instead of asking me direct questions that are really difficult to answer, try and be creative and use distractions to get me to answer your questions; even if it is just a drive in the car.

-Don't come to see me and go straight into difficult conversations with me; start by having a normal conversation so that I have a chance to relax and feel "normal".

-Give me a choice of a female worker when I have to talk about really private things like sex.

-be very clear with me on confidentiality; don't tell everyone my business if they don't need to know.

-workers should have a fun side to them.

-Don't ask me too many questions at the same time; it can be really stressful and confusing.

-Take time asking questions; don't throw it in kids' faces.

-don't ask me questions face to face; take me out and make it a little more fun.

-Don't make assumptions about me and write it in reports without asking me whether it is right first.

-Don't get lots of services involved with me at the same time.

-Support me emotionally if something bad has happen to me rather than blame me for it.

-Listen to me!

-Understand i can't always see you.

-I should know if a referral is being made about me and if i have a social worker

- Listen to what we say.
- We usually know what is best for us.
- Don't assume things
- Accept our decisions.