



### 3. Planning how to make it better

The fourth 'tent pole' is to involve children and young people in working out what 'better' would look like and planning what would help them move towards it.

Achieving 'better' may require plans to bring about step changes in the individual, their family and the child's wider world of school and community.

The plans made might include suggestions about how the young person could manage their anger and behaviour, at home and at school. Techniques for managing behaviour when the family was fighting were suggested such as going somewhere else, reading a book, listening to music or watching a film.

Another suggestion was that teachers sort out bullying



#### Meetings:

- Prepare child or young person for the meeting so they know what will happen
- Offer choices about where the meeting will be held
- Offer choice about who can attend the meeting or who should not
- The child needs to know they are being listened to in the meeting
- Ask everyone about what they think might help
- Lead person try to get agreement about actions that will become part of the plan
- People need to agree what part they are going to play in the plan
- Make sure the child can understand everything that is said and what will happen
- Make sure the child understands how people will check up if the plan is going well and things are getting better