

## Care Experienced Young People Session Plan.

**LINK TO VIDEO FOR SLIDE 3;** <https://youtu.be/BxNsWkQdQ4>

This session was designed by Youth Focus NW who are a “strategic hub with youth work values at the heart of every piece of work. Across the North West of England and beyond our work is driven by a desire to improve the lives of young people. We like to make things happen and our belief in young people, listening to their voices and moving from voice to power underpins everything.”

Aim of the session- To give people, youth workers, an insight into what it is like growing up in care and as a care leaver and some things to think about when working with cared for young people.

Recommended time = 1hr – 1hr 15

Click the object below for quick access to the PowerPoint



Resources needed; the video, slides, flipchart, pen and (optional) sticky notes.

1. (5 mins)- Look at the stats on the first slide, does this surprise anyone?
2. (10 mins) What do you think are some of the root causes of why young people come into care? Explore preconceptions of root causes and what we can do to tackle them as (branches) youth workers and service providers. What is preventing them from growing?
3. (10 mins)- Watch the video on a care experienced young person and their first-hand experience
4. (20-25 minutes, if working with a group allow 5 minutes at the end to share ideas and thoughts) Workshop! Have a look at the questions on the screen; How would you be sensitive to their life experiences? Are there any additional requirements you would make? How would all this change depending on the young person?
5. (5 minutes)- The 5 dos', have a read through the 5 things that cared for young people do want youth workers to do, can you think of anymore?
6. (slide 6-7) (5-10 minutes) Opportunity for young people and for youth workers. Emphasising that opportunities for cared for young people are especially important as this can open lots of doors and help support them. But also working with cared for young people is an opportunity for youth workers to adapt and change their practices.

7. Opportunity conversation.
8. (5 minutes) What young people in Care want you to know. Have a read through on what young people in care want youth workers to know, how could you implement this?
9. Conclusion. Depending on how much time you have left you could have a small discussion on what you have learnt in this session and how you are going to implement it in your day to day work. Are you going to change anything you do?

Optional- If time is running short you could use sticky notes to gather answers and stick them up at the front.

#### **About the creator of this pack;**



Jess Leigh has 4 years of experience working alongside young people to create change. Jess specialises in activism and campaigning looking at issues affecting young people, from mental health to girls' rights. Jess is a powerful force in the community and uses her positive attitude and tireless energy and love for what she does to work hard and succeed. Jess is inspired daily by young people around her and in her free time enjoys creating art.