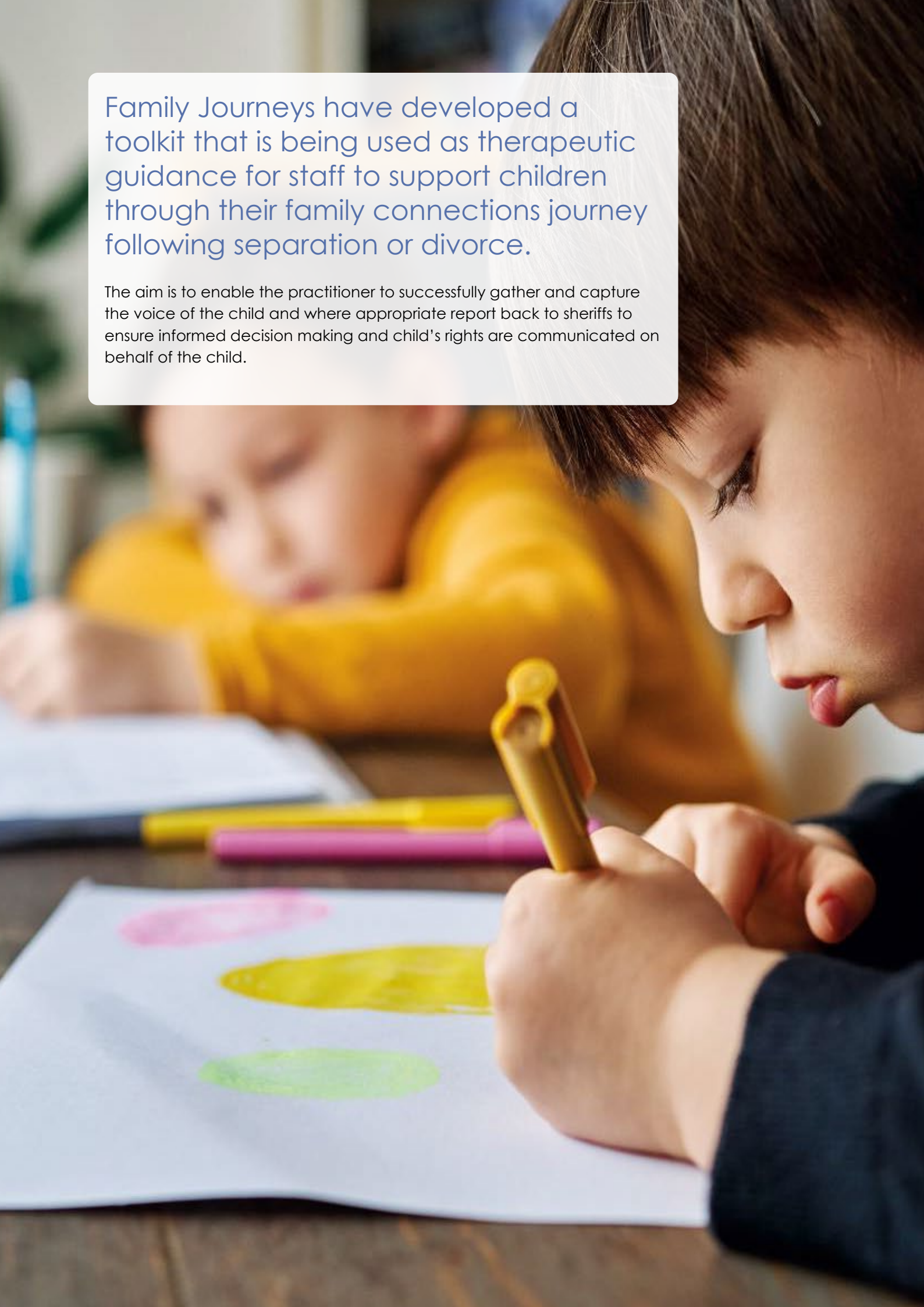




# All about me

Voice of the Child





Family Journeys have developed a toolkit that is being used as therapeutic guidance for staff to support children through their family connections journey following separation or divorce.

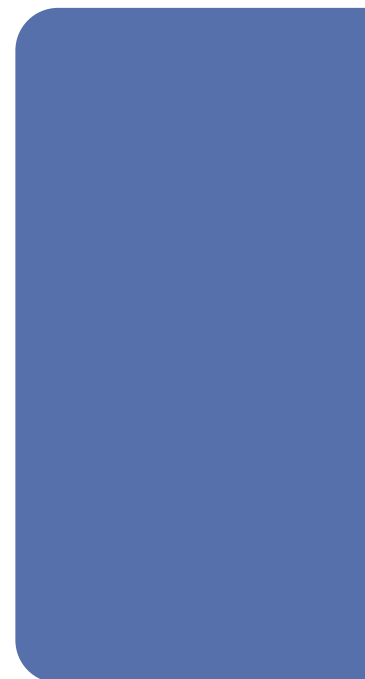
The aim is to enable the practitioner to successfully gather and capture the voice of the child and where appropriate report back to sheriffs to ensure informed decision making and child's rights are communicated on behalf of the child.

# United Nations Convention on the Rights of the Child (UNCRC)

As a children's charity, Family Journeys passionately uphold and are driven by the guiding principles of UNCRC.

Giving particular importance to Article 12 referring to respecting the views of a child and ensuring every child being supported by Family Journeys has their views, feelings and wishes considered and taken seriously.

Family Journeys also ensure that with all services involving children, Article 13 is considered and the child's right to freedom of expression, giving every child the right to share their thoughts and opinions\* throughout this journey is considered to ensure a child's emotional safety throughout their family connections journey.



## Evidence Based Recognising

Research suggests that children who have experienced emotional abuse, stressful or traumatic life events, bereavement, separation or experience in care are more likely to develop anxiety, depression and related poor mental health conditions.

Abuse and neglect can also make children more vulnerable to developing composite mental health conditions\*.

Family Journeys professionals and those working to support a child through a traumatic life experience are trained to recognize the signs of a child who may be struggling and therefore are able to give children the opportunity to receive support and have their voice heard, especially when there are language or limited communication abilities to express their feelings using words.

## Evidence Based Responding

All About Me – Voice of the Child is a toolbox of therapeutic play interventions that has been developed alongside Psychologists, Play Therapists and Early Years Specialists in response to children requiring a safe space, involving child led relational practice to share their views, feelings, wishes, thoughts and opinions in line with UNCRC (Article 12 & 13)

All About Me – Voice of the Child uses a toolbox of play based interventions to support the child build and make sense of their life story, their family dynamics, their family connections timeline and any concerns they may have throughout their journey with reconnecting and establishing a relationship with a parent or family member

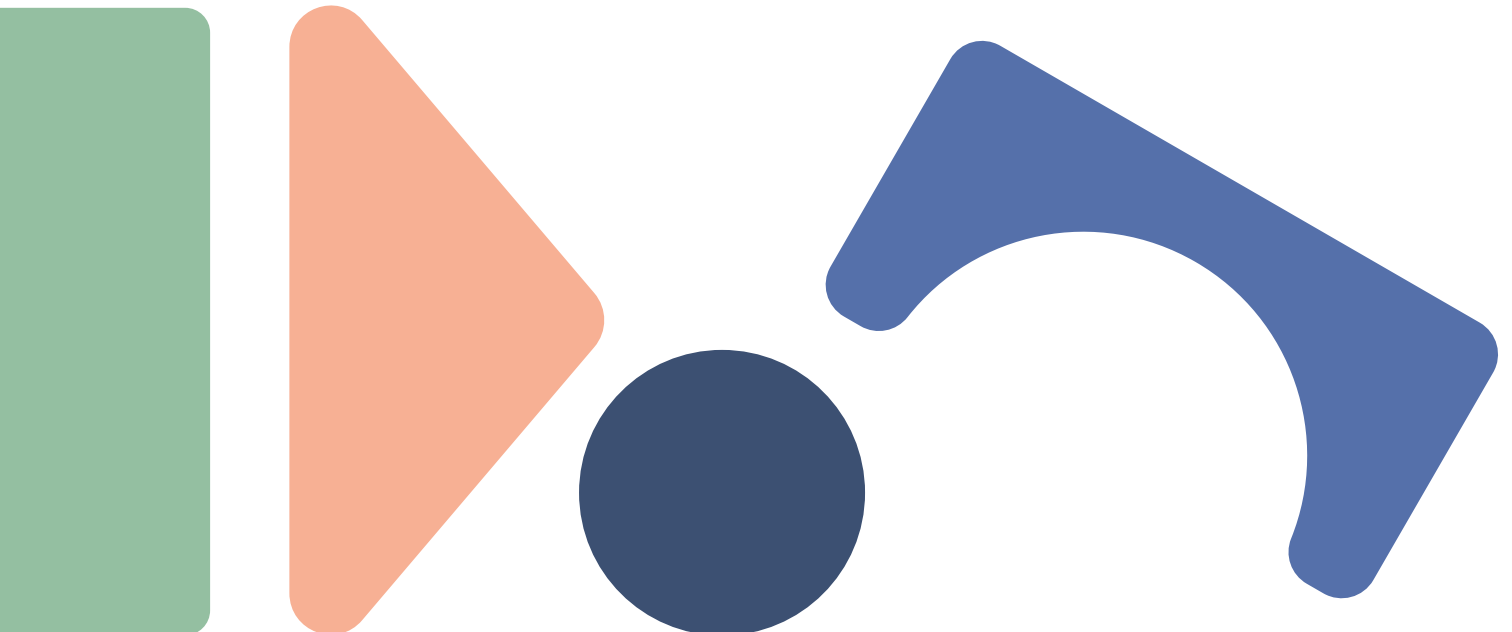


## Evaluation

Family Journeys document (verbatim where possible) the child's voice and where permission has been shared to do so, will include this information into any court reports prepared for the sheriff. Pictures, drawings and diagrams may also be included if appropriate and requested

[www.Unicef.org.uk](http://www.Unicef.org.uk)

[www.learning.nspcc.org.uk](http://www.learning.nspcc.org.uk)



# Get in touch

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Member of Relationships Scotland