

How do I use the Teen Star™?

To complete the Star, you and a worker talk about each of the areas and decide together where you are on your journey. Then you agree which areas you want to work on for next time and how you are going to approach them. At regular points you go back to the Star to get a clear picture of what is working well and where things could still be improved for you.

"The Star gave me perspective and helped me feel good about myself."

Service user

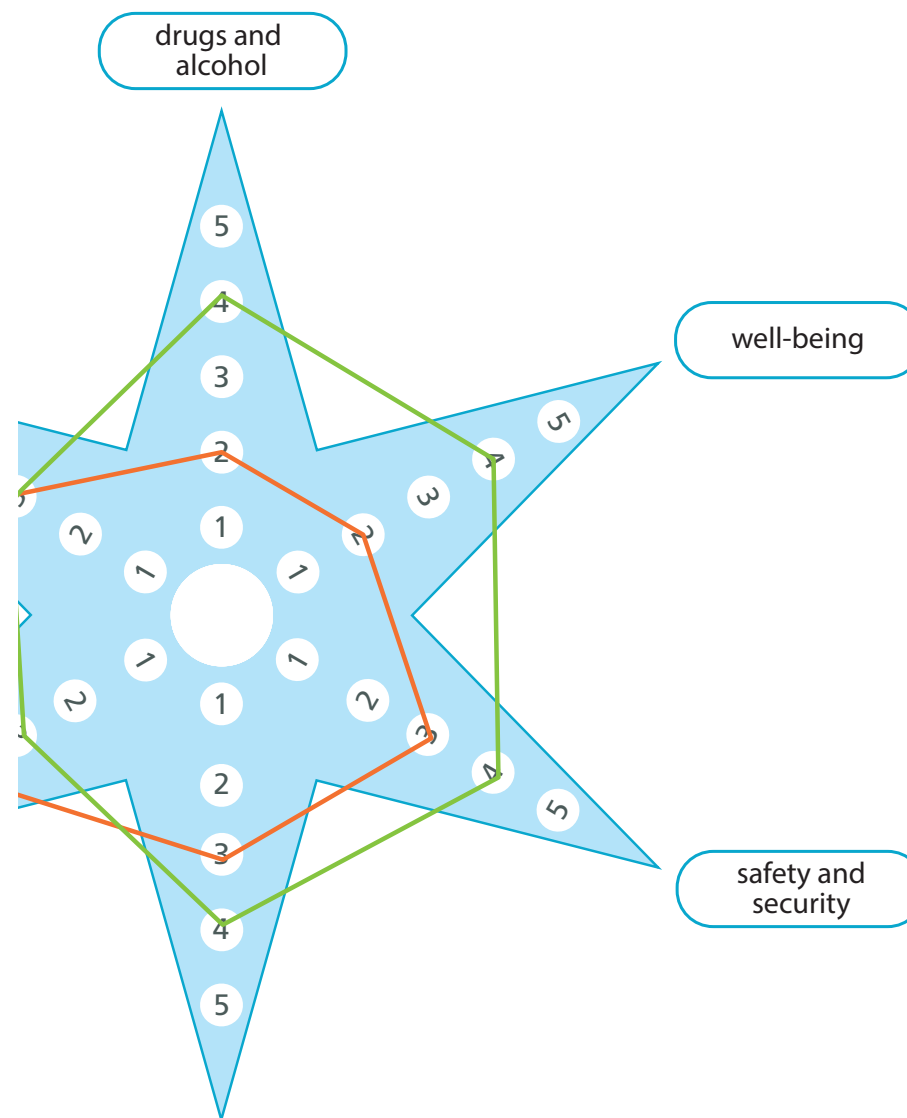
Information sharing

Your Star information is recorded, stored securely and discussed with you to help plan the support you need.

Workers are only obliged to share information about you outside the service if there are concerns about your safety or well-being or that of someone close to you, provided there are clear reasons for doing so which are in your or their best interests. Workers may also share your Star information to help you get the services that are right for you. Star information from you and others may also be used, anonymously, to monitor and audit the quality of the service offered to you.

Teen Star™

Your guide

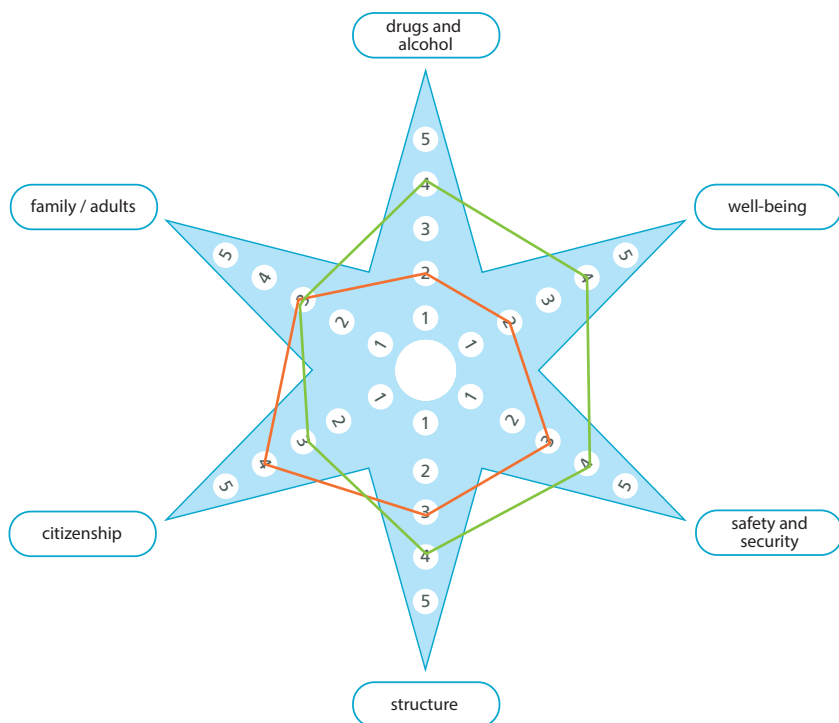


Supporting you to improve your life

The Teen Star helps us to look at areas in your life where you need more support and to work together with you on how to address them. This can help you find ways to deal with difficult things and get any extra support you need, so you can get on with your life.

This might mean getting help with issues at home, school or college, or looking at problems with friends or with bullying. It might mean understanding how you feel about yourself. It might mean thinking about behaviour that gets you into trouble, such as drinking or using drugs in ways that are risky or harmful.

The Star helps you look at six different areas of your life (below). For each area, there is a 1-5 scale that lets you see how you are doing. This is underpinned by a Journey of Change that helps you to understand what is going well in your life and what needs working on or extra support. It is shown on the next page.



The Journey of Change

Where are you on your journey?

