



**My Rights - a magazine to inform young people about restrictive practices and their rights and inspire them to ask questions and tell people how they feel**

The magazine has been coproduced and piloted with young people who have experience of child and adolescent mental health services inpatient settings.

Young people were very clear that the magazine will be most useful as a hard copy. They wanted to be able to write or draw on it, rip out and keep key pages or tips, and take it with them to meetings to remind them and others about their rights and needs.

**Please consider how you can work in partnership to promote this great resource and achieve hard copies for the young people in your area.**

**Making best use of the magazine**

**Flick through it**

- offer the magazine to young people. Some young people may want to look at it on their own or with support
- consider having copies available in places where children, young people and families spend time.

**In a more structured way**

The magazine is useful to staff, advocates and families to:

- inform conversations with young people about restrictions and rights
- help young people prepare for meetings such as reviews and Care (Education) and Treatment Reviews.

**A helpful resource for young people**

Where young people can store:

- the contact details of people who are there to help them
- their own views about their needs, care and aspirations
- questions they want to ask.

**And more ....**

Could the magazine also be useful to support staff induction? to inform families? to enable advocacy conversations?



David Gill

**With your support, this magazine has the potential to have a positive impact on young people's lives – so they feel more informed, involved and confident to speak up.**