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| **6.1** | **Helping them find better options**  Personal choice & independence | |
| **Young person:** | |  |
| **Practitioner:** | |  |
| **Date:** | |  |

When working with young people **one size doesn’t fit all.** Complexity is necessary and unavoidable.

However, increasingly **assessments and interventions are being standardised**- and when this happens **the opportunity for young people’s engagement can diminish.**

**We must avoid things being “done to” rather than “done with” young people, as this actively disengages them from participating in the process.**

By **working with (not on) young people**, we help them begin to exercise personal choice and independence.

**Making your own way in life is important in developing independence and autonomy**, things known to be **important in the desistance process.**

**Young people can exercise personal choice and independence by developing and following through with life plans, being assertive, or having their say…**

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|  | **Ask young person about the extent to which they have personal choice and independence:**   * Can they **make decisions for themselves**? * Do they feel they get to **control the things that happen to them**? * What things would they like to **change**? * **Where can they start** exercising more choice and independence…? |