

# Keeping Connected

Tool made with the  
Digital Wellbeing  
group

Relationship Mapping Tool

Guidance for Carers, Advocates or other Supporting Adults

1. What this tool is for

These questions were written with care experienced young people and they felt it was important that adults take the time to understand who the important connections are in the life of a child or young person. This is important information because it can help the adults to make plans and take action to ensure these connections are supported. Care experienced young people do not want this tool to be used to monitor or judge young people. Please don't use it if that is what you are intending to do.

This is not a risk assessment tool. It is about understanding and learning to respect young people's connections. It is also about helping adults learn from young people about how they use the digital world to connect to people. We hope you will learn about some new aspects of the online world from the young people you work with and show respectful curiosity about the online spaces they enjoy and are excited about. Please don't dismiss these online spaces out of hand. If you don't know about an app, game, website or social media platform, please use this as a chance to educate yourself. Let the young person teach you about a part of the world they know better than you do.



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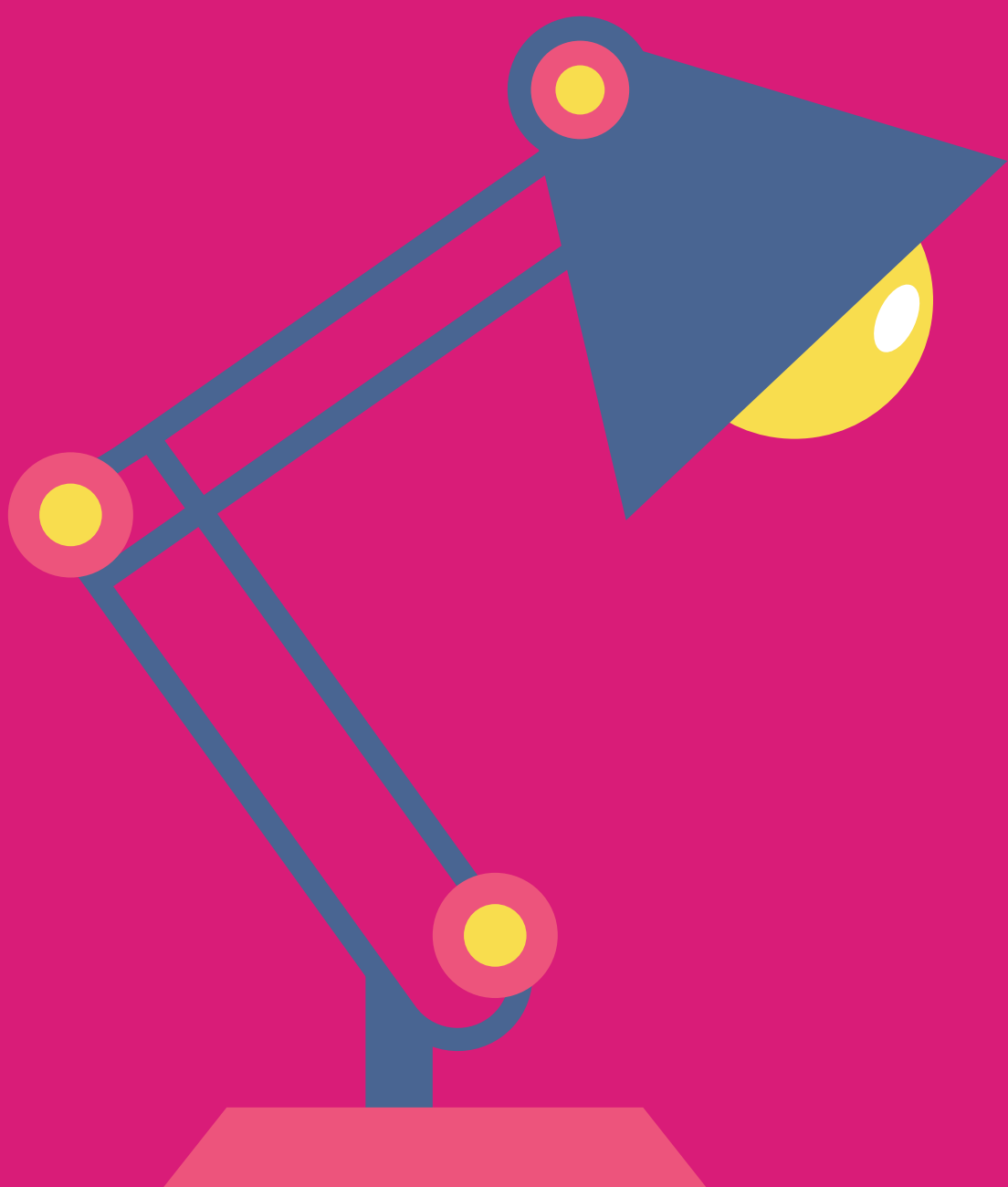
Relationship Mapping Tool

## 2. How to use this tool

Please don't force young people to fill this in. It doesn't matter if they fill this in or not. What matters in the conversation you have with them and that you understand better the connections that matter to them and how you can support these to develop. You might want to fill in the action points and put them somewhere but make sure to look at them again soon and let the young person know what you have done about the things that were important.

For a younger person you might want to use our Child friendly Relationship Mapping Tool [here](#).

This tool was made collaboration by The Digital Wellbeing group and Dr Autumn Roesch-Marsh.



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Filling this form in is a way for us to talk together about who you want to be connected to and why. It is NOT about checking up on you. You do not have to fill it in if you don't want to and we can just talk about these questions instead. The most important thing is that you feel supported to connect with the people who matter to you.

1. Who are the people you want to be in touch with? (This could include anyone who is important to you including family, friends, carers, neighbours . . . )



2. What are the ways you like to stay in touch with people? (For example In person, By phone call, WhatsApp or other messaging apps, Facebook, Instagram, Twitter, Snapchat, Gaming, BeReal, Reddit, others?)



3. What devices do you like to use to stay connected?

4. What could be done to help you stay connected to the people and things that are important to you?

5. Ideas for staying connected or making new connections. . .

Actions that need to happen	Who will do this?	By when?