

Keeping connected



THE UNIVERSITY
of EDINBURGH



WHO
CARES?
SCOTLAND



NOMINET
SOCIAL IMPACT

Guidance for Carers, Advocates or other Supporting Adults – we recommended printing this at size A3

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.

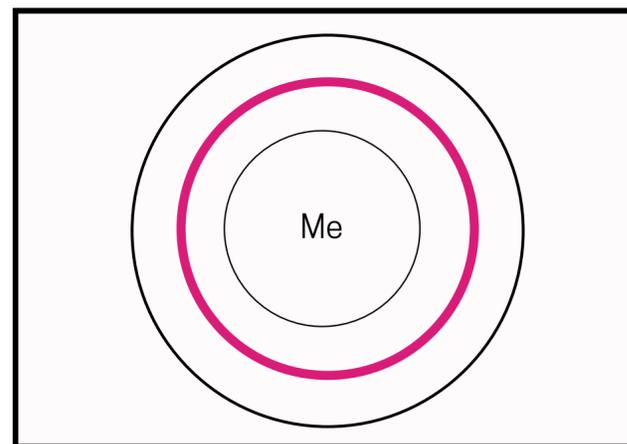
Keeping connected

2. How to use this tool

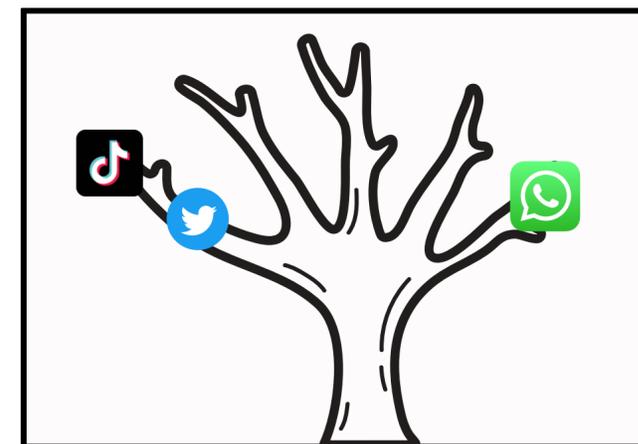
Please don't force young people to fill this in. It doesn't matter if they fill this in or not. What matters in the conversation you have with them and that you understand better the connections that matter to them and how you can support these to develop. You might want to fill in the action points 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. Feel free to use stickers, buttons or cut-out pictures or photos to decorate the poster.

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

Example of how to use this tool;



Have you in the centre and from closest to least fill in the circle with people in your life.



You can also draw a tree and stick what social media you use and who you talk to on each.

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Draw the people you want to be in touch with? (This could include anyone who is important to you including family, friends, carers, neighbours . . .) & how do you stay in touch with them?



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Draw the devices you like to use to stay in touch with people? What would help you stay in touch with them?



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Actions that need to happen

Who will do this?

By when?

