



How do I make sure my views are heard if I cannot attend the meeting?

Attending a meeting may make you feel anxious. If this is how you feel talk to your parent/carer, your teacher, social worker (if you have one) or a school TA about your worries.

If after talking to them, you still do not want to attend here are some things you could do:

- Ask if you can attend for a short time to get your views across rather than staying for the whole meeting.
- See if you can attend the meeting virtually, that is using something like Zoom or Microsoft Teams. You can listen and talk in the meeting and remain off camera if this makes you feel less anxious.
- You could send a written note to the meeting where you write out what you want others in the meeting to know. Someone else would then read it out.
- The other alternative may be to write a one-page profile. A one-page profile captures all the vital information about you on a single sheet of paper under three simple headings: what people appreciate about me, what is important to me and, how best to support me.

Here are some examples of what a One Page Profile can look like:

[Jordan: A 15 year old](#)

[Conor: An 11 year old](#)

Here is a blank One Page Profile form for you to start writing your views into.

[One Page Profile form - Blank](#)

If you would like any advice from us, please contact us below:

CONTACT US

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