

My Action Plan – What's important to me.

When young people are doing something because they want to, are making choices in the development of their plans they tend to be happier and more engaged, try harder, achieve more and do better.

Research evidence shows that a young person's ability to make choices about the activities they are involved in has a direct impact on their mood and well-being. Ensuring that young people contribute meaningfully to planning and decision making about their lives helps build self-efficacy - the confidence young people have about their ability to overcome obstacles in their lives and to reach goals they set for themselves.

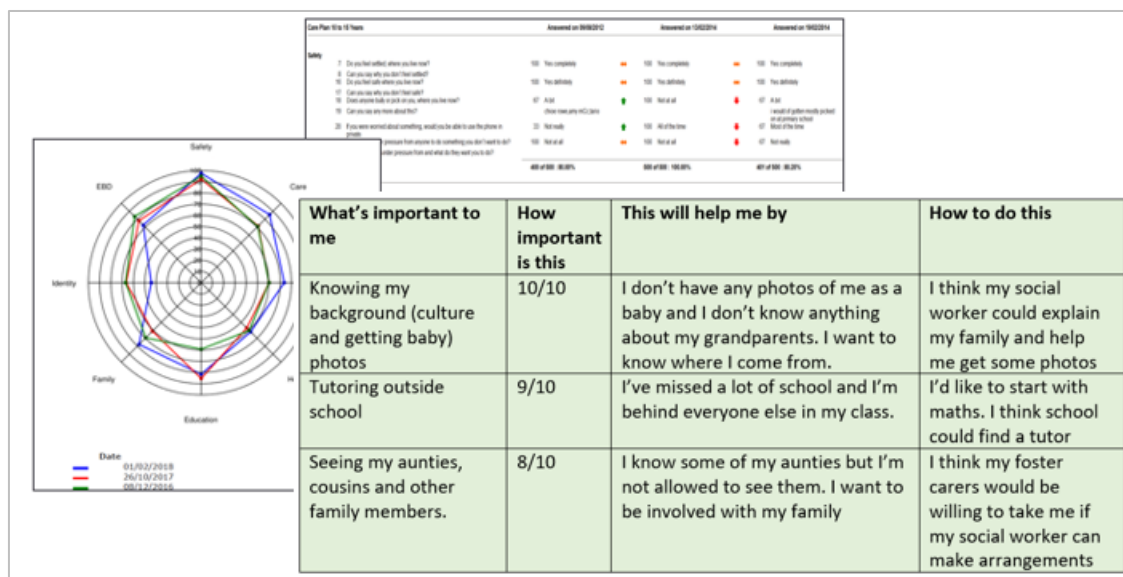
My Action Plan

- *enables a young person, together with their worker to record the actions they want to take forward following the completion of a Viewpoint self-assessment and prioritise these.

- *enables a fuller report to be provided to individual planning meetings, and not just the self-assessment.

- *is accessible together with responses on the device being used by the young person immediately a self-assessment questionnaire has been completed or at a later date.

- *is saved together with their self-assessment and can be accessed and viewed at any time by the young person.



Column headings can be configured uniquely for each service

There are many examples of the failure to engage young people meaningfully. In a study of boys in the child welfare system one study found that the boys had *'overwhelming feelings of helplessness experienced as a consequence of not being involved in decision making. The boys were all scared of making decisions and did not know how to make them.'*

Making decisions, creating plans and seeing how they are progressing contributes to young people's self-determination and self-efficacy.

Responses to self-assessment questionnaires are displayed in text and graphical formats and provide an opportunity for a young person to reflect on these with their worker. This helps young people develop their understanding of their circumstances and what's important to them. It provides an opportunity for a young person to prioritise what they want to happen. If questionnaires and plans have been completed previously these are also displayed automatically and can be reviewed to see the extent to which actions have been