

## My Story: valuing past, present and future for children in care

**Losing track of the past** can make it difficult for children to develop emotionally and socially. Many young people say they lack 'life story' photos and information. Children in care may have changed families, social workers, homes and neighbourhoods. Their past may be lost, much of it even forgotten.

### Use by carers and young people

My Story app can be installed on the phones or tablets of young people or carers and used to record in words and pictures past and present significant people, places, mementos and achievements.

### Foster carers

Foster carers can use My Story with children of any age to record their development, achievements and journey through care. Children develop a sense of who they are from birth. This identity is built on their relationships with family members, other adults and children, friends and members of their community.

Foster carers can help build a 'digital photo album' to answer the questions that children may have in the future. If a child moves placement another foster carer can continue the My Story record. When old enough children can access My Story from their own device.



My birth mum and me  
The only photo I have of me at this age  
I look well cared for, sad that it's the only photo me as a baby with my mum



### Caseworkers can use My Story

to improve communication and conversations with children and young people. My Story can be used to help a child or young person talk about their family history, significant events and relationships in their life to-date. It provides a way of engaging with young people and helping them reflect on their life experiences and hopes for the future in a creative way.

Each entry encourages a description:

- What's this about?
- When did this happen?
- What do you want to say?
- How does this make you feel?

Encouraging young people to reflect on the feelings associated with each entry helps unravel confusion and negative emotional baggage. Over time a 'digital photo album' is built up providing a resource that will enable them recall memories and understand their past.

### Security

All information is stored securely in an authority specific online resource, separate from any device but accessible from the myView app. Information is not lost by placement moves or when a young person leaves care. Each young person has a unique account and secure access. Use of My Story and content can be monitored by the authority