

## How can my child use My Star?

To use My Star, your child needs to be getting one-to-one support, perhaps from a youth-work programme, children's centre or a family project. Talk to your local services if you want to find out more.

"It helped me explain how I feel. I liked seeing how well I had done on my Star." Child

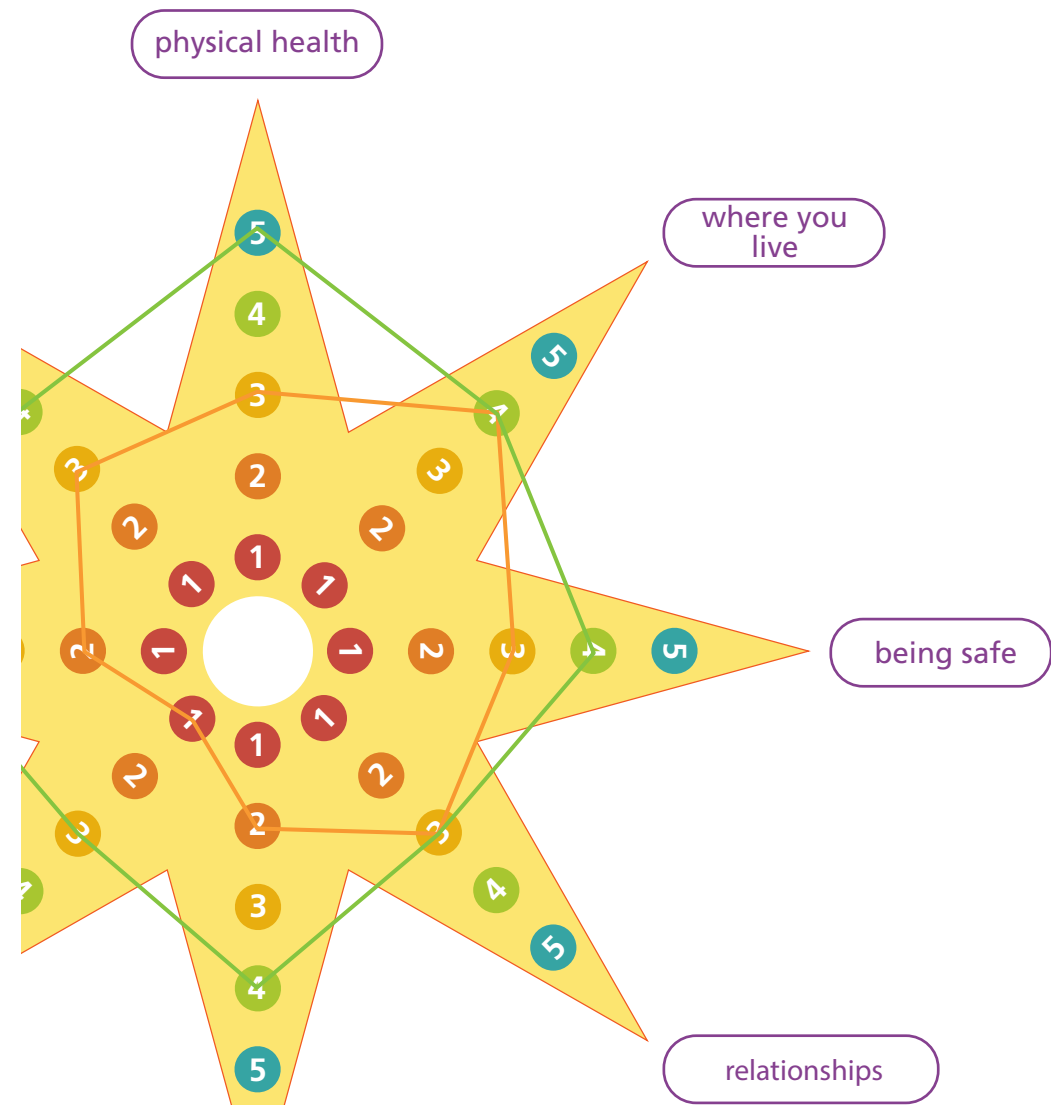
## Information sharing

Your support workers are there to offer support and listen, but they have a responsibility by law to pass on any concerns relating to the safety or safeguarding of the young person or any other person.

The information gathered on the Star is recorded and will be securely stored and used to provide services to your family. It may also be used to monitor and audit the quality of the service offered to you and your children and/or family.

# My Star™

A parent's guide to the Outcomes Star for children and young people



## Making things better one step at a time

We all want our children to have everything they need to enjoy their life and to grow up to be the people they want to be. When things are going well, we want to celebrate that and if things aren't going so well, we need to act to get things back on track. The important thing is knowing what the next step is – and that's where My Star can help.

### What is My Star?

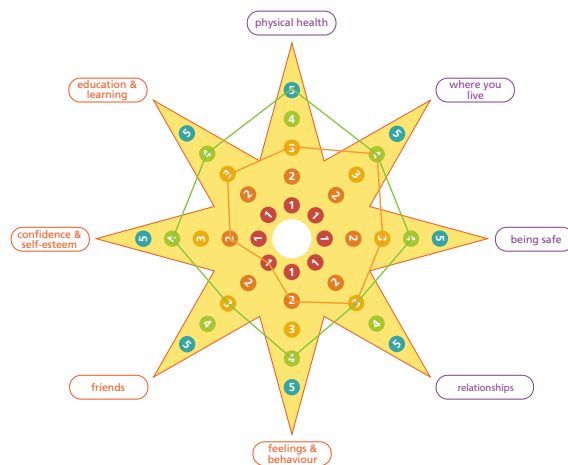
My Star helps us to look at what your child's life is like – showing us what is going well and where things could improve. It might highlight areas where we need to work together, with you, to help your child make the most of their potential.

### How does it work?

**My Star** focuses on **eight areas of life** that are important to all children and young people.

Each area comes with a five-step scale called the Journey of Change (shown on the next page) and each step has a different colour. We will look at the different bits of your child's life with them and, together, decide which colour step they are on. This helps us work out what needs to happen next to improve things for your child and your family.

Together, we will mark their colours on the Star at different times, and as things get better, their Star shape will get bigger.



## The Journey of Change

Which colour step are you on?

**9 - 10 Things are good**

Blue is where we want to get to – things are working well for you

**7 - 8 Mostly OK**

Green means mostly ok

**5 - 6 No big concerns**

Yellow means you and other people are working on it

**3 - 4 Someone is helping**

Orange means things are bad but it looks like they could change

**1 - 2 Big concerns**

When it's red things are bad and things are not changing