

**plan**

**Targets**

- To make good use of my free time.
- To think about victims and how they may feel.
- To think about the consequences of my actions and my offending behaviours.
- To communicate clearly with Sue and Ian.
- To know who are positive and negative influences and how they influence me.

**What My Support Network Can do...**

- Simple reminders
- Have an understanding that I am out.
- Check-in every 2-4 hours.

**How will I know I've achieved my target...**

- Getting time less trouble.
- I'll have more of a routine.
- More understanding about how someone might feel.
- Won't do it again.
- No police making good choices.
- I'll have a good job.

**Reflect on the situation.**

- Stop + Think.
- I'll be less likely to get harassed.
- Walk away.
- Make good choices.
- We will be happy.

**4. Test Sue/Ian when I am out, where + who with.**

- talk to Sue/Ian when I have a problem/issue.

**5. Make our decisions - know who the good + bad influences are in my life.**

**3. Reward you of the consequences**

**5. Sue/Ian to know who my friends are.**

- talk to you openly about what your friends get up to.
- look at your friends list in that circle.

**1. Put together a timetable.**

- talk to Cathy
- Speak to Andy Clark about my free time.

**Target**

- To stay focused and complete school work (works sent home)
- To deal with my anger better.
- To know when my friends are influencing me negatively.
- Consequences of getting into trouble/offending.
- Could lockdown target - keep myself busy.

**Megan and Deesa will...**

- Be able to answer the phone help with work encourage me
- Look at ways to calm down
- Show me videos of good and bad influences.
- Explain the consequences - in interventions that I will remember.
- Provide me with ideas to keep busy.

**To do this I will...**

- Set myself a daily target 30 min work per day.
- Know when I am getting angry and act on it.
- Realise who influences me and how.
- Exercise interrest.
- Playstation, homework, baking, Arts, daily walk.

**Mum and dad will...**

- Help me keep a routine, encourage me
- Give me space to calm down
- Tell me to stay away from bad influences.
- Reward me of the consequences
- Help to keep a routine - interst freedom.

**1. I will complete some school work.**

**2. Less kicking doors, shouting with anger.**

**3. Less likely to get into trouble with friends.**

**4. I will think more before I act.**

**5. I will stick to guidelines.**

TARGETS	TO DO THIS I WILL...	Parent/carer WILL...	ARANDEEP WILL...	How will I know I Am Successful
Learn How to Control my Anger Better	Collor with some kind of stuff what makes me angry	Do to continue to give Layton space. Speak about it when both calm.	→ identify triggers. → what causes my Anger → calming techniques → Alternatives to violence	→ Layton's behaviour/ outburst decrease → Layton is using techup → controlling violence.
HOW TO MAKE BETTER DECISIONS	Think Before I act. Try to stay calm and cool.	Leading me to the right path. Guide Layton.	→ reflection on past decisions. → How could I change my actions? → How/who can help?	→ Reduced violence. → Better Relationships as my behaviour + choices are better.
Learn How My Actions have Consequences.	Learn How to think a Best other people around me and how it makes them feel.	De + Layton having an Honkas and open conversations about how it affects her.	→ Self-Reflection → How could I have acted differently? → Impacts on myself + others	→ Thinking Before I Act. → understand how it affects me + my family.
Engage in Positive Activity	to Play for foot - Ball team and Youth center	Support Layton Help with Transport.	→ Look for Football groups in local Area. → Suggest groupwork	Once Layton is involved or actively looking for groups/sports clubs.
Friendships + Influences. How to say NO Referral to ACEs or CAMHS	to Stand up Grand. and try not to get involved in it. If wanted to	Speak to de about current friends/ situations with friends if agreed.	→ How to stand up for myself → How could I say no → who to talk to → what does pressure mean → possible if needed.	I can stand up for myself Negative friend, I avoid. I can stay away from trouble