- 59 CYP answered questions for us.
- We didn't show them any official paperwork.
- We asked the following questions in some workshops. In some we only asked the first question.
 - 1. What does a good quality experience look like?
 - 2. What skills do I need for life?
 - 3. What will you need to help you have a good life?
 - 4. What will get in the way of having a good life?

What does a good quality experience look like? Quotes:

- People know what to do
- People listen x5
- Knowing what people are talking about
- Caring
- Respectful x2
- College
- Job x4
- Enjoyable/ having a laugh
- Safe
- Predictable people
- People to understand me x2
- Calm x2
- Say what you want to say
- Privacy
- Feels good towards yourself
- Comfortable
- Noise/ hot not too much
- Not too many people
- Not anxious
- Other people being happy
- Being helpful

Themes:

- Feeling valued & respected
- Being listened to
- Feeling comfortable



What skills do I need for life? Ouotes:

- Communication
- Knowing your strengths and weaknesses
- Being social x2
- Teamwork
- Time management
- Leadership
- Being organised
- Knowing how to pay bills
- Cooking
- Washing
- Driving
- Tolerance
- Confidence
- Being able to talk in public
- Volunteering



Comment:

Good range of skills identified. They know the skills they need to succeed

What will you need to help you have a good life? Ouotes:

- Luck
- Money
- Family
- Friends
- Kindness
- Good job
- Listen to your parents
- Support
- Healthcare
- Doing something they enjoy
- Mummy and daddy being happy
- Excited about going to college
- I want the teachers to be nice to me. I don't want them to be strict

Themes:

- People they like supporting them
- Having a job



What will get in the way of having a good life? Quotes:

- Bad people
- Injury
- Bullies/ mean people
- Unclear instructions
- Not being able to do certain things
- People dragging you down
- People not listening to you
- Struggling with managing feelings
- Education (bored)
- Class (laughing at me)
- Safety people don't know what I am saying
- When people are angry
- Finding a high school

Themes:

- Other people's actions
- Not understanding a situation's requirements



Places visited so far:

Quotes directly from CYP

"I only want to be in meetings when they are saying good things so I can feel proud."

"I want to see my friends when I am not in school."

"I want people to understand me."

"I don't understand my plan"

"Too many choices are hard"

"I wish they would have told me before they did it. I need a warning"

"I like to write down everything and not talk"

"I wanted to be given a choice about my room"

"Let me write instead of talking"

"I need help sometimes with my emotions, I don't want to be angry"

"I find the school holidays sad because I like being at school"

"Clear instructions to help me learn"

"Knowing what people are talking about"

"Help me learn things"

"People not being strict"

"Prepare me if there is going to be a change"

Names removed for GDPR purposes