

Moving forward plan

For young people who have displayed harmful sexual behaviour online, and are being supported by their school/setting to change their behaviour, it can be beneficial to work together to create a 'moving forward' plan. This can be done in collaboration with the young person and their parents or carers. It can be a way of agreeing on boundaries and expectations, and giving the young person a clear strategy to use if they have questions, or they are feeling confused or worried. Rather than a series of 'dos' and 'don'ts,' the plan is there to help everyone make joint decisions on how the young person can use the internet safely, responsibly and respectfully.

Starting points:

Involve everyone: Encourage everyone to commit to the plan - it is not just for the young person involved, but requires their support network to follow the plan too.

Be honest: Let everyone involved know this is an opportunity for a new start and the best way to make this plan work is if everyone is open and honest about what they want it to achieve. Make sure everyone involved knows it is okay to talk about what might have happened in the past and to ask questions if anything is unclear.

Be clear: When setting up boundaries and expectations around internet use, be as precise as possible. For example, when talking about 'going online' what does that include? Apps, websites, games, TV-on-demand?

Signalling for help: Young people sometimes find it hard to ask for help or know when they need to ask for it. Talk about the signs that might show the young person is in need of extra support, and plan for ways the young person can signal that they need to talk. It might be a word, a phrase or a particular time and place help will be available.

Be flexible: Make sure everyone knows this is a working document and that it can be reviewed and changed over time, according to the needs of the young person as they continue moving forward.



Starting questions



Date: _____

Who is involved in this moving forward plan?

What do you use the internet for? (Favourite apps, games, websites)

Why are we creating this moving forward plan?
(e.g what happened before that we are worried?)

What steps will we take to help you use the internet in a safe and respectful way?

e.g (name) will speak to (parent/carer/teacher) if they feel angry or worried

Who is responsible for this?

E.g We will all make sure to have regular catch-ups to discuss how you are feeling

How long will this plan last for? (E.g 1-2 months)

How often will we review our plan? (E.g. every week)

Young person

I will know if I'm about to repeat my behaviour if I...

To help me manage it, I will...



Other people will know if I'm having difficulty to manage my online behaviour if I ...



To help me, I would like (name) to (action)

Are there any other ways you would like to be helped? (e.g given the numbers of helplines, asking a friend to help you)



Staff member



I will know if (young person name) is about to repeat their behaviour if ...

Five horizontal lines for writing.

To help them manage it, I will...

Three checkboxes, each followed by a dotted line for writing.

I might also speak to (parents/carers/other staff member) if I feel that it would be helpful.

Five horizontal lines for writing.

NOTES



Eight horizontal lines for notes within a rectangular border.

Parents or carers

I will know if (young person name) is about to repeat their behaviour if ...

To help them manage it, I will

I might also speak to the following people (e.g names of staff members) if I feel like that would be helpful...

What happens if someone doesn't follow the plans we agreed on?



What is the date of our next review of this plan? _____

Signed: _____

Date: _____

Signed: _____

Date: _____

Signed: _____

Date: _____