

Letter to a young person.

HELLO, MY NAME IS BROOKE.



I am 14 years old but when I went for my child interview I was 13.

I am writing this letter because when I went for my interview, I never knew what was happening. You might feel scared and anxious, it's normal to feel like that. You will be speaking about something that has happened to you. Remember, you have a choice whether to go through with the interview, even on the day. You can bring a trusted person with you and will be asked for your consent to make sure you are ok with everything.



You'll be asked to come to one of the spaces the child interview team use to do interviews. This space should feel safe, warm and cosy. You will meet two people from the interview team, one is a social worker, and the other is a police officer, but don't worry they won't be in their uniform.

When you arrive, there will usually be a waiting room where you might see there are fidgets, blankets, weighted teddies and lots more. The police officer and social worker will meet you in the waiting room and explain what is going to happen, they may suggest you bring any of the fidgets, teddies or blankets with you.



You'll then move to a different room where the interview will take place with the police officer and social worker. Your trusted person won't be able to come into the room with you, they will wait in the other room for you. There will be camera recording equipment set up. The police officer or social worker will face you and one will face the person asking the questions. The reason for this is so you can share what happened to you and have your voice heard. It can feel scary but remember it's all to help you.

At the start of your interview, you will be asked questions about you, they will then move onto the bigger questions. Don't worry they might re ask you things or ask you to explain, this is so they can get the best information, this is all part of the interview.

It can feel long but you can take a break at any time, go to the toilet, stay in the room and ask them to stop recording or leave the room. You will get offered snacks and juice too. I took breaks and this helped me think about how I might answer their questions.



At the end of the interview, you'll be offered the police officer or social worker's contact details, take this in case you want to ask something. After you'll be offered recovery support from the Children First Bairns Hoose recovery team. You don't need to say yes or no right away but it might help and gives you someone else to speak to about what happened to you, so take their contact details too.

So remember try not to worry, you will be okay you are strong!

from Brooke x

