



# MY MEETING ADVOCATE

At 16, the law shifts the power to you. You have the **right to be heard** and **not fobbed off** with vague promises or SEN speak.

## STEP 1: PREPARING YOU

- Eat well, wear what makes you comfortable, and create a playlist to remain calm.
- Write down your questions and specific goals for next year.

## STEP 2: PREPARING THE DOCS

- Look at **Section F** of your EHCP, it should be specific regarding help for you as to 'Who, What and When'
- Have your **SEN Rights Card in you pocket**.

## STEP 3: DURING THE MEETING

- Introduce yourself "My name is..." and share your questions and specific goals for the next year.
- Bring support (friend, family, or professional advocate). Use IASS if needed.
- Ask for a break if you feel overwhelmed or the SEN speak becomes too much.

**Power Phrase:** "I need a 10-minute break to process what is being said, so please pause the meeting".

- Assert your authority, you are the boss of your plan at 16.

## STEP 4: AFTER THE MEETING

- Check the minutes to ensure your views are recorded as the primary person.
- Check that nothing is missing, and prepare to appeal if necessary.

### WHAT TO PACK IN YOUR BAG

- SEN Rights Card, EHCP copy, other documents, your goals list, notebook/pen, water, sensory tools and chocolate.

### RIGHTS SUMMARY

- Local Authorities must listen to you.
- You are entitled to a transition plan.
- Have access to free, confidential, impartial advice.
- Your EHCP can remain in place until you are 25.
- You are allowed to request an ECHP assessment.
- Right to appeal against a Local Authority that says 'no'.
- Preparing for Adulthood (PfA) must start by Year 9.

**A place to scribble:**