1

00:00:02,399 --> 00:00:06,640

uh how did your caseworkers help you to

2

00:00:04,480 --> 00:00:08,400

know your strengths just by finding

3

00:00:06,640 --> 00:00:11,120

things that i liked and finding things

4

00:00:08,400 --> 00:00:13,599

that worked well and identifying things

5

00:00:11,120 --> 00:00:15,759

that i didn't know existed and like

6

00:00:13,599 --> 00:00:16,800

constantly oh you're really good at this

7

00:00:15,759 --> 00:00:18,960

and you're really good at that or you

8

00:00:16,800 --> 00:00:21,520

should do this like just helping me and

9

00:00:18,960 --> 00:00:23,199

noticing things i don't see about myself

10

00:00:21,520 --> 00:00:24,960

mine was definitely the same like seeing

11

00:00:23,199 --> 00:00:26,880

that i had this potential that i didn't

12

00:00:24,960 --> 00:00:29,679

know about and i had this potential

13

00:00:26,880 --> 00:00:30,400

because of me challenging her you know

14

00:00:29,679 --> 00:00:33,120

then

15

00:00:30,400 --> 00:00:35,840

become such a big thing yeah but she saw

16

00:00:33,120 --> 00:00:38,079

that i was able to do that and to how to

17

00:00:35,840 --> 00:00:40,239

utilize that in a good way rather than

18

00:00:38,079 --> 00:00:41,120

let it go downhill and become a

19

00:00:40,239 --> 00:00:43,840

different

20

00:00:41,120 --> 00:00:46,559

experience i suppose when they notice

21

00:00:43,840 --> 00:00:48,160

that that you do have the strength to

22

00:00:46,559 --> 00:00:48,960

really push for you to go and explore or

23

00:00:48,160 --> 00:00:51,360

not

24

00:00:48,960 --> 00:00:53,440

not push you but encourage you yeah

25

00:00:51,360 --> 00:00:54,480

encourage you to go and explore that

26

00:00:53,440 --> 00:00:56,719

further

27

00:00:54,480 --> 00:00:58,320

what did your caseworker do or say that

28

00:00:56,719 --> 00:01:00,399

helped you identify and achieve your

29

00:00:58,320 --> 00:01:02,480

goals my caseworker just gave me some

30

00:01:00,399 --> 00:01:04,159

positive reassurance with what i was

31

00:01:02,480 --> 00:01:06,400

doing like if there was something i

32

00:01:04,159 --> 00:01:07,600

needed to speak out or go to it was

33

00:01:06,400 --> 00:01:09,520

constantly yup you're good at this

34

00:01:07,600 --> 00:01:12,400

sophie you should do it i think mine was

35

00:01:09,520 --> 00:01:14,640

the same like very much that support in

36

00:01:12,400 --> 00:01:16,320

whether what i wanted to do like even

37

00:01:14,640 --> 00:01:17,680

though it could be the most silly and

38

00:01:16,320 --> 00:01:19,040

stupidest thing like it was what i

39

00:01:17,680 --> 00:01:20,799

wanted to do and it was what i wanted to

40

00:01:19,040 --> 00:01:22,479

achieve so they supported that

41

00:01:20,799 --> 00:01:24,240

completely yeah i love the case workers

42

00:01:22,479 --> 00:01:25,680

who didn't even like ask me what my

43

00:01:24,240 --> 00:01:28,080

goals was or didn't acknowledge what i

44

00:01:25,680 --> 00:01:30,400

wanted to do or didn't take that and

45

00:01:28,080 --> 00:01:32,799

have that conversation with me about my

46

00:01:30,400 --> 00:01:34,560

future or my career or like any goals

47

00:01:32,799 --> 00:01:35,920

that i wanted yeah and that's what they

48

00:01:34,560 --> 00:01:37,920

definitely need to do they need to have

49

00:01:35,920 --> 00:01:39,920

them conversations i think like also too

50

00:01:37,920 --> 00:01:41,680

like looking at the start of the goal

51

00:01:39,920 --> 00:01:43,439

and the goal like that in between is so

52

00:01:41,680 --> 00:01:45,840

important so crucial yeah forget about

53

00:01:43,439 --> 00:01:48,000

that because we just see that goal and

54

00:01:45,840 --> 00:01:49,920

what we want rather than

55

00:01:48,000 --> 00:01:52,159

what needs to happen and what support is

56

00:01:49,920 --> 00:01:54,560

needed in that middle section to fail or

57

00:01:52,159 --> 00:01:56,640

succeed yeah how can caseworkers help

58

00:01:54,560 --> 00:01:58,240

kids in care build their self-esteem and

59

00:01:56,640 --> 00:02:00,399

confidence

60

00:01:58,240 --> 00:02:02,880

letting them be their own person so like

61

00:02:00,399 --> 00:02:04,960

not keeping it all like behind the case

62

00:02:02,880 --> 00:02:07,119

like behind the scenes like ask if

63

00:02:04,960 --> 00:02:08,640

there's certain options they want to

64

00:02:07,119 --> 00:02:10,160

be a part of

65

00:02:08,640 --> 00:02:11,840

ask them what they like

66

00:02:10,160 --> 00:02:13,760

ask them what their

67

00:02:11,840 --> 00:02:15,280

their their enjoyments are focus on

68

00:02:13,760 --> 00:02:17,440

those too don't worry about whether or

69

00:02:15,280 --> 00:02:19,680

not they're lacking in a certain area if

70

00:02:17,440 --> 00:02:21,120

they're already like showing signs of

71

00:02:19,680 --> 00:02:22,879

like they're doing well in these certain

72

00:02:21,120 --> 00:02:24,000

areas drive on those because there's no

73

00:02:22,879 --> 00:02:25,760

point trying to waste your time trying

74

00:02:24,000 --> 00:02:27,520

to make a kid better in other areas when

75

00:02:25,760 --> 00:02:28,800

they're already good in some may as well

76

00:02:27,520 --> 00:02:30,239

make them perfect in the areas that they

77

00:02:28,800 --> 00:02:31,760

are good at instead of trying to work on

78

00:02:30,239 --> 00:02:33,599

areas that they're going to fail

79

00:02:31,760 --> 00:02:35,440

don't set them up to fail i think by

80

00:02:33,599 --> 00:02:37,200

finding something that

81

00:02:35,440 --> 00:02:38,800

you think but also they know that

82

00:02:37,200 --> 00:02:41,040

they're good at like whether it's

83

00:02:38,800 --> 00:02:42,560

something like sport or

84

00:02:41,040 --> 00:02:44,480

talking or

85

00:02:42,560 --> 00:02:46,959

at school like finding that area that

86

00:02:44,480 --> 00:02:49,280

they can really excel in how do we build

87

00:02:46,959 --> 00:02:50,720

that up so that way they can get to that

88

00:02:49,280 --> 00:02:53,200

point of like

89

00:02:50,720 --> 00:02:56,000

being confident or like having a

90

00:02:53,200 --> 00:02:57,519

really strong sense of identity and like

91

00:02:56,000 --> 00:02:59,760

sense of self and stuff like that like

92

00:02:57,519 --> 00:03:01,519

how do we do that yeah don't push them

93

00:02:59,760 --> 00:03:02,800

to do something that they don't want to

94

00:03:01,519 --> 00:03:04,879

do but don't

95

00:03:02,800 --> 00:03:07,040

let opportunities slip by helping them

96

00:03:04,879 --> 00:03:08,959

advocate for themselves

97

00:03:07,040 --> 00:03:10,720

like helping them

98

00:03:08,959 --> 00:03:12,159

to be more confident

99

00:03:10,720 --> 00:03:15,519

really

100

00:03:12,159 --> 00:03:18,480

just make it known when they're like

101

00:03:15,519 --> 00:03:20,080

doing well and also find out if there's

102

00:03:18,480 --> 00:03:22,879

other things they want to be doing that

103

00:03:20,080 --> 00:03:24,799

might make them feel better yeah

104

00:03:22,879 --> 00:03:27,799

telling them that like you're proud of

105

00:03:24,799 --> 00:03:27,799

them