

The best decision for you, a quick check!

If a decision is being made about you, you can use these questions as a quick check to make sure the things that are important to you have been taken into account. The questions are for children and young people like you, but can also be used by adults!

Checklist: What's important for me in this decision?

Does the adult making the decision know enough about you and what's important to you?

Do they know....

Yes No

1. **Who you are?**

Do they know enough about you? For example, do they know where you come from, how old you are, whether you're religious, about your cultural background, whether you're attracted to boys, girls, both or neither and how you wish to be addressed?

2. **What's important to you? Now and in the future?**

For example, wanting to be close to your parents, doing fun things with friends, playing sport, getting help at school or having a good hospital nearby?

3. **Which people are important to you? And how you prefer to stay in touch with them?**

Think of your parents, grandparents, brother or sister, neighbours or a friend.

4. **Where you feel safest? Or what you need in order to feel safe?**

5. **Where you think you are cared for best?**



- | | Yes | No |
|---|-----------------------|-----------------------|
| 6. What pleasant or difficult moments there have been in your life? | <input type="radio"/> | <input type="radio"/> |
| Do they know that you've experienced pleasant or difficult things?
And that these things are important for the decision? | | |
| 7. How you're currently feeling? | <input type="radio"/> | <input type="radio"/> |
| 8. What you need in order to be or stay healthy? | <input type="radio"/> | <input type="radio"/> |
| 9. What help or care you need? | <input type="radio"/> | <input type="radio"/> |
| 10. What you need at school or on the study programme you're doing? | <input type="radio"/> | <input type="radio"/> |
| 11. What you think is the best decision? | <input type="radio"/> | <input type="radio"/> |

Checklist: How was the decision made? And were you involved in it?

How did they involve you in making the decision? Was a meeting held? Were you properly prepared for the meeting?

- | | Yes | No |
|--|-----------------------|-----------------------|
| 1. Did you have a meeting with an adult to tell them what you think is important for this decision? | <input type="radio"/> | <input type="radio"/> |
| 2. Were you asked in advance if you wanted to give your opinion about the decision?
You don't have to give your opinion if you prefer not to. Someone else (who you know well) can also do that for you. | <input type="radio"/> | <input type="radio"/> |
| 3. Did you receive information in advance about the decision being made?
And was the information clear and easy to understand? | <input type="radio"/> | <input type="radio"/> |
| 4. Were you told that you can take something or someone with you to the meeting if you want? | <input type="radio"/> | <input type="radio"/> |
| 5. At the meeting, were you able to explain everything that's important to you? | <input type="radio"/> | <input type="radio"/> |
| 6. When you explained what's important to you, were you properly listened to?
Did they ask probing questions to find out why this is important to you? | <input type="radio"/> | <input type="radio"/> |
| 7. At the meeting, did you have the time and space you need to tell your story? | <input type="radio"/> | <input type="radio"/> |
| 8. At the meeting, were you able to ask questions about what's going to happen?
Did they give a good explanation of what's going to happen? | <input type="radio"/> | <input type="radio"/> |
| 9. Did you feel safe and at ease during the meeting?
Was the meeting held at a pleasant and safe venue? | <input type="radio"/> | <input type="radio"/> |

Yes No

10. At the meeting, was proper account taken of who you are and what you need to be able to tell your story?

For example, did they take account of your culture, religion, age, gender, health or residence status? All of these can have an effect on the meeting. If they are taken into account, you feel more at ease and more able to give your opinion.

11. At the end of the meeting, did they explain properly what they're going to do and when they'll tell you what decision they've made?

12. Were you given a proper explanation of the decision?

If the decision is different from what you wanted, did they explain why? Do you understand why they made this decision and how they took account of your opinion? Were you given the explanation on paper, so that you can read it again later?

13. Do you know what you can do if you disagree with the decision?

Did they give a good explanation of what you can do?

Did you answer 'no' to half of the questions?

If you did, the adult may not know enough about you to make a proper decision. It could also mean you weren't given the opportunity to express your opinion in a pleasant and safe way. It's important for the adult who made the decision to know that it was not made properly. Explain to the adult why you feel the decision was not made properly. You might prefer to do this with someone you trust.

Do you have doubts or need some help?

You can always ask for help from an adult you trust. You can also go to the local children and young people's legal services centre. You can also contact the Ombudsman for Children. Phone weekdays from noon until 5 pm CET 0800 8765432 when you call from the Netherlands or +31 70 8506 995 when you call from abroad. Or send an email to ombudswerk@kinderombudsman.nl.