



# TEN WISHES

## What Children and Young People in Plymouth want from you...

*We want professionals to be easier to contact.*

*We want professionals to be on time, as they expect us to be.*

*We want professionals to be properly trained and for us to be involved in the training.*

*We want professionals to ask us what we need and not to assume.*

*We want professionals to do what they say they are going to do, to listen and stand up for us.*

*We want professionals to use words we understand.*

*We want professionals to reassure us something is being done and tell us how long it will take.*

*We want professionals to understand when we need to talk to them one-to-one.*

*We want professionals to ask us 'do you feel safe?'*

*We want professionals to respect us and how we feel.*



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