



# language that cares

This is our charter and commitment to CHAMPIONING the children and young people that we support and care for.

As a Community, we pledge to consider the impact that language has on children and young people and pledge to challenge each other and ourselves when we may use words that describe children and young people in negative or stereotypical ways.

In our conversations and the way we write documents we will be mindful of **SPEAKING** and understanding the lived experience and individuality of the child / young person.

## Speaking means;

**S**trengths based - focus on what I am good at as well as what I may need help with

**P**ositive - talk about the good things about me and help me to feel good about myself

**E**quality - recognise and celebrate diversity, promote equality of opportunity

**A**mbitious and **A**spirational - celebrate my successes and achievements and help me to reach for the stars

**K**ind - think about how you describe me and the words that you use

**I**nclusive and focus on **I**ndividuality - put my needs and feelings at the heart of decisions, recognise me for who I am and who I want to be

**N**on-judgmental - focus on me and seek to understand what may be affecting me

**G**enerous - respect me

**and remember:  
actions speak louder than words...**