



The 13+ Group is a great online community which will allow you to talk to other young carers, discuss topics, ask support workers questions and get on-going mental health advice and self help ideas.

The group is held on a private and secure Facebook page. We hope that by having constant contact with other young carers and support workers it will give you the opportunity to open up, share news and give you somewhere to go after a bad day.

We encourage all Young Carers to join our online hub but we understand that some of our younger teenagers may not have social media yet. If this is the case, please let us know and we can add you to our monthly email list instead. You will receive the same information and get the same chance to join our hangouts but through a monthly email rather than daily interaction on the group.

### What happens now?

Please read all the information, including our FAQ and Staying Safe Online poster to make sure you understand how the group works and what to do if you haven't got Facebook. If you are joining us in our exciting new Facebook group, please fill out the forms and send them back to a Support Worker. Once you have sent back your forms, go onto Facebook and search for **BFYC 13+** and request to join the group. There will be two simple security questions, asking if you are registered with us and whether you have sent your consent forms back to us. After this, a Support Worker will accept your request and you will be part of BFYC 13+!

If you feel that you are not ready to join us online yet, please make sure you tick the email option on the consent form and provide us with your preferred email address.



### What do I do in the group?

It's completely up to you how much you engage with the group, but the more you get involved, the more we can support you. Have a look through all of the different posts,

use the tags to search for different things such as Anxiety Support or Wellbeing and Self Help, ask your own questions and talk to each other. You can talk to Support Workers but please remember, they will only respond during working hours (Tuesday - Friday, 9am - 5pm). You will also be able to vote for your next monthly activity and suggest your own ideas of what we do!



# Frequently Asked Questions

## 1. Why are Be Free changing their service for teenagers?

We want to give our teenager Young Carers more control over their support. They know better than us what they need so we want to give them the platform to tell us. We hope that by having an online group that they can access on their mobile phone/tablet/laptop whenever they want to, that they will feel more supported and be better able to reach out when they need help.

## 2. What happens if I don't have Facebook or don't want to join the online group?

If you don't have social media you need to select the email option on your consent form. This will mean that you will receive an email once a month with information about what has happened on the group, what/where our next hangout will be and a chance to book onto it. It will keep you in touch without needing to be on social media.

Alternatively, you may like to create a blank Facebook profile with just your name, and no picture, in order to access the group. This is something you will need to discuss with your parent/guardian.

## 3. How will the hangouts work?

What we do and where we go will be decided by YOU. You will suggest your own ideas and vote on your favourite activity each month. All hangouts will be supervised by Support Workers and take place on the last week of each month. Young Carers will need to book onto each hangout and complete a permission slip which needs to be signed by a parent/guardian - if you turn up at a hangout without doing this, you will be asked to leave.

## 5. Can I privately message Support Workers on the online group?

Yes, you can privately message a Support Worker but please remember that they will only respond during work hours (Tuesday - Friday, 9am-5pm). Please also note that although what you say to a Support Worker is confidential, if you mention anything that a Support Worker thinks is putting you or anyone else in danger, the Support Worker will have to pass that information onto an appropriate adult.

## 6. Will I still be able to go on half term trips like I did in the younger group?

Teenage Young Carers will still have two big trips a year. One will be in the Easter holidays and the other during the summer holidays. They will also be able to join any family days out and Christmas parties. The other smaller activities that have previously taken place during half terms are being replaced by your monthly hangouts.

## 7. Will I still be able to access other Be Free services?

Yes, you will still be able to access our Befriending service and have lots of chances to make friends within with group. You will also keep receiving our quarterly newsletter.

## Screen time

We want you to get the most out of our youth group and be able to use it at any time. Please stay aware of how much 'screen' time you are having. Make sure you take breaks and speak to people in person too.



## Be kind, be respectful

Think before you post - is what you are about to say kind and respectful?

As we talk on the group, people may share experiences and feelings. It is important to be understanding and caring and not pass judgement.



You have all signed a **Code Of Conduct** in order to be part of this group. This is to ensure everyone gets the most out of the 13+ and feels safe and secure.

Any rude or inappropriate behaviour, which breaks your code of conduct will not be tolerated and may result in a dismissal from the group.

## Don't talk to strangers

Everybody on the Be Free 13+ group has been checked and allowed in by Be Free Support Workers, so all group members are safe to talk to and engage with. Be aware and mindful of any messages you get outside of the group - only respond if you know who they are. If someone you don't know messages you, make sure you tell a trusted adult.



## How To Stay Safe Online

### Don't reveal any private information

Make sure you don't post your home address, phone number or email address on the internet or in the main group feed. This will be visible to everyone in the group and not just the person you were posting it to.



### Check your privacy settings

Check your Facebook privacy settings. Make sure that your profile is private so that no one from the group can look through your page without you knowing.

### Becoming Facebook 'friends'

As you make friends in the group, you might get/send a friend request from/ to them. It is completely up to you whether to accept. If you are Facebook Friends with another of our young carers, anything that happens outside the group is your responsibility. Please do not pressure someone into accepting a friend request. If someone pressures you to do this, report it to a Support Worker.