Ready2Comply

TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · IDENTITY AND WELLBEING

This Is Me

Identity, confidence and self-esteem

A colourful, ready-to-use direct work pack to help young people explore who they are, where they come from and what they're good at – and to build confidence and self-worth.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

Worker's guide

Session plans, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

Pieces of me, inner critic spotter, 12 scenario cards, confidence toolkit, my strengths plan, who to talk to

Check-in

Young person's check-in with worker's guide (no score), observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

Guidance and law in this pack were checked against NHS, Childline, GOV.UK and legislation.gov.uk sources in November 2026 (see Sources, page 21). It is wellbeing and direct work, not therapy.

Ready2Comply is not affiliated with any app, charity or organisation named in this pack. This pack is not therapy and does not replace advice from health or mental health professionals.

SAMPLE

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Pieces of me

You're made of lots of pieces – which ones matter to you?

Family & people

The people I love, live with or come from.

💡 Family can mean lots of things.

Culture & heritage

Where my family comes from, languages, food, traditions.

💡 It's my right to know.

Faith & beliefs

What I believe in – or don't.

💡 My choice to make.

Interests & talents

Music, sport, gaming, art, animals...

💡 Try new things!

Values

What matters most to me – loyalty, kindness, fairness.

💡 Values guide choices.

Personality

Funny, quiet, loud, caring, brave...

💡 There's no 'right' way to be.

Who I am

Gender, sexuality, disability, body – in my own words.

💡 I decide my labels.

My story

Where I've been, what's happened, what I've got through.

💡 My past isn't my future.

Future me

Who I want to be and what I want to do.

💡 Small steps count.

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Did you know?

Your brain keeps changing until your mid-twenties. **Who you are isn't fixed** – you can keep growing, learning and choosing what kind of person you want to be.

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Three words

Your worker asks you for three good words about yourself. Your mind goes blank. You can only think of bad ones.

💭 How might they feel? 🤔 What could they do? 🗣️ Who could help?

2 Care kid

Someone at school finds out you live in a children's home. Now people call you a "care kid" in the corridor.

💭 How might they feel? 🤔 What could they do? 🗣️ Who could help?

3 Filters

After an hour on TikTok you feel ugly. You won't post anything now unless you've used a heavy filter.

💭 How might they feel? 🤔 What could they do? 🗣️ Who could help?

4 Where I'm from

Your friend talks about her family's culture and traditions. You realise you don't know much about your own heritage.

💭 How might they feel? 🤔 What could they do? 🗣️ Who could help?

5 Fitting in

To fit in with a new group, you've changed your music, your clothes and how you talk. You're not sure who you are anymore.

💭 How might they feel? 🤔 What could they do? 🗣️ Who could help?

6 Proud moment

You score the winning goal. Staff say well done, but you just shrug and say "it was luck".

💭 How might they feel? 🤔 What could they do? 🗣️ Who could help?

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