



www.essentialmediation.co.uk

Essential Mediation resolution wrapped up

How do I let you know I want mediation?

You can contact us in confidence by phone, email, or message us on Facebook or through the website and we will call you back within a day.

Our contact details are:

t: 01908 889 080

e: admin@essentialmediation.co.uk

w: www.essentialmediation.co.uk

If you would like this information in a different language or format then please let us know.

IS MEDIATION FOR YOU?



A Young Person's Guide to Mediation

independent, impartial & confidential
guidance from www.essentialmediation.co.uk

If you are having problems at school or college that are making it difficult for you in lessons and you do not feel listened to, then mediation may be able to help you find some solutions.

What is mediation?

The law says that young people's views must be listened to and that young people must be involved in decisions that affect their education.

Mediation is a way to help you to get the right people listening to you to assist in solving any difficulties you may be having with your education, health or care.

It involves an independent person called a mediator meeting with you and the people who you have the disagreement/difficulties with.

What is a mediator?

A mediator is an independent person who will help you to talk honestly with each other in a calm and safe environment. They won't make judgments about who is in the right, or tell you what to do.

When is mediation appropriate?

Mediation can be used to try to resolve different types of disagreements, such as:

- You do not feel you are getting the support you need in school/college;
- You are not happy with information that has been written about you in your Education, Care and Health Plan;
- You do not feel that your views are being listened to;
- The local authority has identified a school/college placement that you are not happy with.

How can mediation help?

Mediation can help to:

- Improve communication between yourself, parents/carers, schools, professional and local authorities;
- Bring the right people and information together;
- Provide a safe, secure environment for you to share your views freely;
- Focus everybody on the issues and needs;
- Rebuild your trust with the people you have had difficulties with so that the best outcome for all involved is found.

What will happen at a mediation meeting?

The mediator will meet you when you arrive and have a chat with you first to explain what will happen throughout the day.

If you are happy to, everyone will then meet together and the mediator will give everyone a chance to say why they are there and how they want things to change.

Or, if you prefer, you can continue to meet with the mediator in a separate room.

Can I bring someone with me?

Yes, you may bring a friend, adviser, advocate, parents or a relative.

How long is the mediation meeting?

There is no set time limit, however we suggest that you allow at least four hours.

What if I do not want to talk in front of my parents or teachers/lecturers?

Let the mediator know this at the start of the day and he/she can then let everyone know that they will be speaking on your behalf with your permission.

What if someone says something about me which I don't like or isn't true?

Tell the mediator as soon as you can and explain what is wrong. Try not to get upset or angry as you will be given a chance to talk to the person who has said something you don't like. Ask the mediator for a time-out if you need it.

What happens at the end of the mediation meeting?

The mediator will write down anything that has been agreed by everybody in a document called a 'Mediation Agreement'. Everyone will sign this and get a copy. If nothing has been agreed then nothing is written down.

What if I want to leave the meeting?

Mediation is voluntary so you do not have to be there unless you want to. If you want to leave the mediation meeting then let the mediator know. Please do not leave without telling anybody.

