

# Creating a LIFE BOOK as a Unit Project

## Background Notes

Talk with your staff about the various strategies to support preparation for permanency. Spend some time talking about LIFE BOOKS and their potential to help a young person with understanding his/her past and answering critical questions around identity.

Propose a group project to your staff – the creation of a LIFE BOOK for one of the young people with whom you work. As a unit, review the various types of life books in the *Resource section* of Learning Circle One.

As a unit, select the young person with whom the LIFE BOOK will be created. Have the young person's worker engage him/her in a conversation about what this means and what it might look like – be sure that he/she is an integral part of the process so that your unit doesn't end up creating a LIFE BOOK "for" the youth instead of "with" the youth.

Decide how each member of the unit will be part of the project. Will they assign specific tasks to specific staff members? (e.g.: Photographer? Record miner? Supplies purchaser?) Be sure to schedule time for the project and identify a time line so it doesn't drag on indefinitely!

## Tasks / Assignments:

- Schedule time to have this discussion in group supervision. Come prepared to share reference materials and a copy of an example of a LIFE BOOK (if you have one).
- Prior to your meeting, be prepared to talk about why LIFE BOOKS are so important and why you think this would be a great group project.
- Which young person will you select? How will your unit ensure that this youth is TRULY involved with the project? Talk about how you will overcome any resistance, if the worker encounters it. Remember, talking about the past can be painful and scary for youth!
- If there is insufficient interest, is there another strategy that you might like to present (i.e.; eco maps, life maps etc.)?
- You will need resources to complete this project – be sure to factor in the costs of supplies, film processing, extra time needed to mine the record, take photographs etc.
- Create a plan for completion of the LIFE BOOK.
- Complete the "Discoveries" portion of this form.

## Discoveries:

