

Meet ...
Zena



Zena is 19 and is a kind, caring, lively and sociable person who loves being with friends. She lives at home with her Mum and although they are very close, Zena says that she sometimes feels that she gets treated like a child at home. She has a learning disability. Zena has a smartphone and is confident with apps and using social media. She has a supported internship at a café which she really enjoys and gets on well with her workplace mentor Trish. She is looking forward to getting a paid job in the future. Zena is also very trusting and this has led to her getting involved with the wrong crowd and she has ended up in some risky situations. Zena goes to a local social group each week with her long-term friend Molly (who also has a learning disability). Her Mum and social worker are worried because she has started to miss going to her work placement, preferring to go and hang out with friends and she has been meeting lots of new people on-line. She really wants a boyfriend and although she has had several one off sessions with professionals about safe relationships and safe sex, she is quite impulsive and easily led. Zena has shown that she is able to reflect on the situations she gets into and learn from them with prompting and support.

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Zena's Outcome*

I am confident I can keep myself safe when meeting new people and starting new relationships



Yourself

Zena could keep a journal and use it to help with personal reflections.
Start using a confidence-scaling tool to measure progress.



Technology

Purchase Brain in Hand to help Zena cope if she is concerned or anxious.
Explore which are the best apps to use around safety e.g. Circle of 6.
Get Uber on her phone so that she can leave any situations she feels uncomfortable in.



Equipment & Adaptations

Purchase a portable phone battery pack so that she has backup in case the phone charge runs out.



Family, friends & neighbours

Buddy support with her friend Molly to look at things they could do or learn together about staying safe in relationships.
Mum could get some support with asking coaching questions to enable Zena to reflect each week.



Community

Referral to women's group that focuses on the risk of grooming - Keep Our Girls Safe.
Zena to join an on-line safety group.



Services or Setting

Zena's work placement mentor, could be looking or listening out for anything that Zena may be getting involved in that is concerning and talk things through with her.



Support

Put a referral in for psychology input to minimise the safeguarding risks.

* measurable, specific, change something that is not working, moves towards aspiration, everyday language

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