



Individual Work Report Form

Service User's Name:

Billy Doyle

Date of Birth

18.08.2006

Date of Work

12.03.2019

Duration of Work

20 mins

Location of Work

In the centre – Kitchen table

Staff Member's Name(s)

FULL NAME (afterwards initials are ok)

Was work Planned or Opportunity led

Planned

Was work part of identified key working goal:

(If yes, file as key working. If no, file as individual work.)

yes

Theme/aim(s) of session:

Health and Wellness

Theoretical Framework:

Assessment of Need

Details:

Staff member JD opened a conversation with Billy about 'Puberty'.

JD asked Billy if he had any concerns or questions he would like to ask, or if any issues he would like to address from the last conversation he had with staff members about puberty.

Billy voiced that he was ok and had no questions to ask.

Billy smiled and seemed nervous to speak about the topic.

Staff reassured Billy that it's ok to feel nervous and staff are here to help with any questions.

Billy then opened the conversation explaining to staff about new growth of body hair that he now has. Billy spoke about hairs under his armpits, and felt like he can feel hair on his face.

Staff explained that body hair is absolutely normal and is a part of puberty and adolescence.



JD asked Billy about hair anywhere else and Billy was reluctant to say around his groin area. Staff informed Billy that this will also be the case and is natural, also the starting process of puberty.

Staff spoke about the changes to Billy body as he gets older and his hormones around puberty. Teenage hormones are part of adolescent development and children development at different rates. Staff spoke about physical changes that might occur, and the fact that Billy will now start to experience changes with his body, like body hair, voice breaking erections, plus varied emotions that Billy could feel.

Staff briefly spoke about erections, explaining this can be common when you wake up in the morning and is perfectly natural. Staff also spoke about hormones and exploring one's body. Staff briefly spoke about masturbation and that it is ok, and is a natural act for both sexes. Staff spoke about attractions with Billy, explaining as he becomes older, this is natural with girls and boys as they develop into adolescence and then adulthood. Billy was informed that he will find that these develop during puberty, and is also natural for teenagers to develop their hormones when going through puberty. Hormones are developed during an individual's transition into becoming an adult, it was explained to Billy.

Staff spoke to Billy about the 'Busy Bodies' Programme and Billy confirmed that he has read the booklet and understands the information given.

Staff reassured Billy about what he is going through is a natural process of growing up as a teenager, on a journey to becoming an adult.

Staff informed Billy to keep reading busy bodies and to approach staff with questions, concerns or issues, and they will help you with any questions you might have.

Billy had no other questions to ask and finished the conversation.

Outcome:

Billy understands all he needs to know as a teenager who has turned just thirteen.

Billy has read and understands the busy bodies book and knows he can approach staff with questions.

Details of any follow-up action required:

On-going key working piece around puberty and adolescence. Conversations to be continued and planned around meeting Billy's needs for information in this area.

Service User's comments:

Billy did not comment about the conversation. Staff note that this could be an uncomfortable conversation for Billy.

Signed Staff Member(s) JD – SW

Date: 12.03.2019

Read by Team Leader/PIC _____

Date: _____