



## Young Person Online Support Agreement

At Bridges Project we are using Microsoft Teams to work online with you; either on your own or in a group. Don't worry if you don't have Microsoft Teams, your worker will send you a link and it should load automatically. Your worker can also organise a practice session for this. We might also work with you using a WhatsApp video call.

Working over video chat is different and makes learning a little bit more difficult. If you are finding it hard to understand or keep up please tell us and we will do all we can to help.

Please read through the following guidance for staying safe online.

- You do not have to switch on your camera.
- Only use your first name when you set up the online session. If you are using a shared computer, please make sure you connect with your own name.
- If you are switching on your camera then wear appropriate clothing, be aware of your background and make sure that nothing too personal can be seen.
- Be prepared for sessions. This may include having certain resources or equipment.
- Be kind. Always show respect to other participants and staff. Don't use negative or offensive language/gestures on camera or in the chat.
- You may want to let the people you are living with know you are on a live video chat but please don't include them or anyone else.
- Do not share the invitation with anyone else.
- Be ready to begin your session on time.
- Do not record or take a photo of the screen at any time.
- Do not attend the sessions if you are under the influence of drugs or alcohol.
- If you are worried about anything, message the Bridges Project worker.
- Keep yourself safe - don't share something that feels too personal, complicated or sad.