



NYC Educational Psychology Service

Educational Psychologists

Information for children and young people

WHO ARE WE?

We are the Educational Psychology Team and are made up of Educational Psychologists, often called EPs. We work with children and young people to help understand what helps them learn, what they enjoy, what they are good at and what they might find difficult. We then think together about how things can be made better or easier.

We have been trained to understand how people think, feel, behave and get on with others. EPs also know about teaching and learning.

WHAT IS IT LIKE TO MEET AN EP?

We might:

- talk with you so we can hear your thoughts, ideas and experiences directly and find out what is important to you
- talk to other adults about what things they think you are good at or find hard
- complete activities together, such as drawing, card sorting, problem-solving or other tasks
- complete some tasks, questionnaires or assessments together
- visit your class/lessons/playground/social area

Lots of children and young people meet with an EP. There are no right or wrong answers, and you do not have to worry about getting things wrong.

YOUR RIGHTS

You have a right to learn in the best way for you and you have a right to have your voice heard. Talking to EPs does mean that we can include what you say, even though it might be different to what adults say. It is important that others hear and listen to what you think and feel.

You can ask questions at any time. If you are unsure about something, we will explain it.

WHAT HAPPENS NEXT?

If you are under 12 years old, your parent(s)/carer(s) have to agree for an EP to work with you.

If you are aged 12-16, you and your parent(s)/carer(s) have to agree for an EP to work with you. If you do not want to work with an EP at all, even though your parent(s)/carer(s) have agreed, we cannot. It might be you are happy for some activities but not others and we will listen to what you want on this.

If you are aged over 16, we need you to agree and not your parent(s)/carer(s). We can let them know if you would like us to.

We will work with you and the people who want to help to look for ways forward. It may take time for things to change. Continuing to talk to the people who are working with you helps to find out how things are going.

INFORMED CONSENT – you have a choice

If you do not want to meet with an EP, or do any work together, you do not have to. We will only meet and do as much as you would like to. You can agree to do some activities and not others – it is up to you. You can change your mind at any time. If you do not wish to continue, tell us and we will stop.

We might write about what we do so that teacher(s) or parent(s)/carer(s) can read it. If there is anything you do not want other people to read, you can say so and we will not include it, unless we need to because we are worried that you or someone else might be hurt.

Your teacher(s) and/or parent(s)/carer(s) should give you a few days to think about whether you would like to work with an EP.