



## Callander Child & Youth Counselling

### **Young Person's Confidentiality Statement**

Hi,

When you come to counselling, it is important that you feel safe and able to talk about what is on your mind. This document explains how confidentiality works in counselling.

Confidentiality means that what you talk about in counselling usually stays between you and the counsellor.

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#### **What Happens in Counselling**

Counselling is a space where you can talk about:

- things that are worrying you
- your feelings
- things happening at home, school, or with friends
- anything else you want to discuss

Your counsellor will listen and support you without judging you.

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#### **What Does Confidential Mean?**

Most of the time, your counsellor will not tell other people what you talk about.

This includes:

- parents or carers
- teachers
- friends
- other professionals

Your privacy is respected so you can talk openly.

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## **When Information May Need to Be Shared**

There are some situations where your counsellor must share information to help keep people safe.

This could happen if the counsellor believes:

- **you are being harmed or abused**
- **you might seriously harm yourself**
- **someone else might be harmed**
- **you are in serious danger**

If this happens, the counsellor may need to talk to people whose job it is to help keep children safe, such as:

- **Social Work Services**
- **Police Scotland**
- **health or school professionals**

The counsellor will usually try to talk to you about this first, unless doing so would make the situation less safe.

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## **Your Rights**

You have the right to:

- be listened to and taken seriously
- ask questions about counselling
- understand how your information is used
- feel safe during counselling sessions

These rights are protected by Scottish law and the United Nations Convention on the Rights of the Child (UNCRC).

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## **Your Information**

Your counsellor will keep brief notes about sessions to help support your counselling.

These notes are:

- kept private and secure
  - stored according to UK Data Protection laws (UK GDPR)
  - only shared if there is a safeguarding concern or legal requirement
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## **If You Have Questions**

You can always ask your counsellor questions about:

- confidentiality
- your rights
- how counselling works

Your counsellor will explain things clearly and help you understand.

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**Counsellor Name:** \_\_\_\_\_ Douglas Pearson \_\_\_\_\_

**Young Person Name:** \_\_\_\_\_

I confirm that confidentiality has been explained to me.

**Young Person Signature (optional):** \_\_\_\_\_

**Date:** \_\_\_\_\_