

# How staff can help children and young people stay connected with the people who matter to them



People have a right to stay connected with people that are important to them when they are in psychiatric inpatient units (Article 8, Human Rights Act).

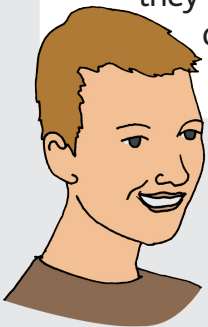
## Family and friends might provide:



These things enable people to stay well and recover faster

If staff are very worried about a person's safety, they can restrict access to devices, the internet, or stop unrestricted communication.

However, because staying connected is a human right, staff must make sure they follow the law by asking these four questions:



### 1 RULES

What rules am I applying to this person that might limit their connectivity and privacy?

### 2 REASON

What is the reason I am applying the rule?

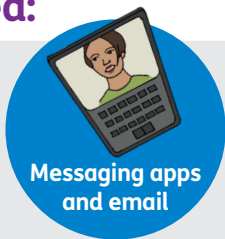
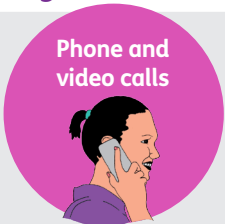
### 3 RIGHT

Is my decision legally justifiable, e.g., proportionate to the individual's risk?

### 4 REVIEW

When will I review the rule?

## Common ways young people might stay connected:



## Stopping communication, restricting internet and/or access to devices should never be:

- used to punish or humiliate;
- in place for longer than necessary (e.g., to keep the person safe);
- applied to everyone on the ward regardless of individual risk because this would be an unjustified blanket restriction.

