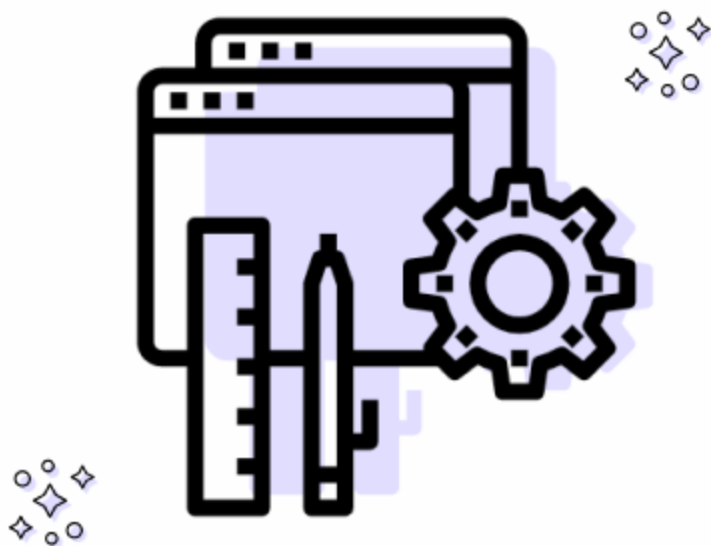


MyCompass Tools



A guide to filling out your profile

Revised: August, 2020

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My Story!



Circle words that describe you:

Special Determined Busy

Active Introverted Bold

Kind Extroverted Fun

Adaptable Generous Calm

Social Friendly Neat

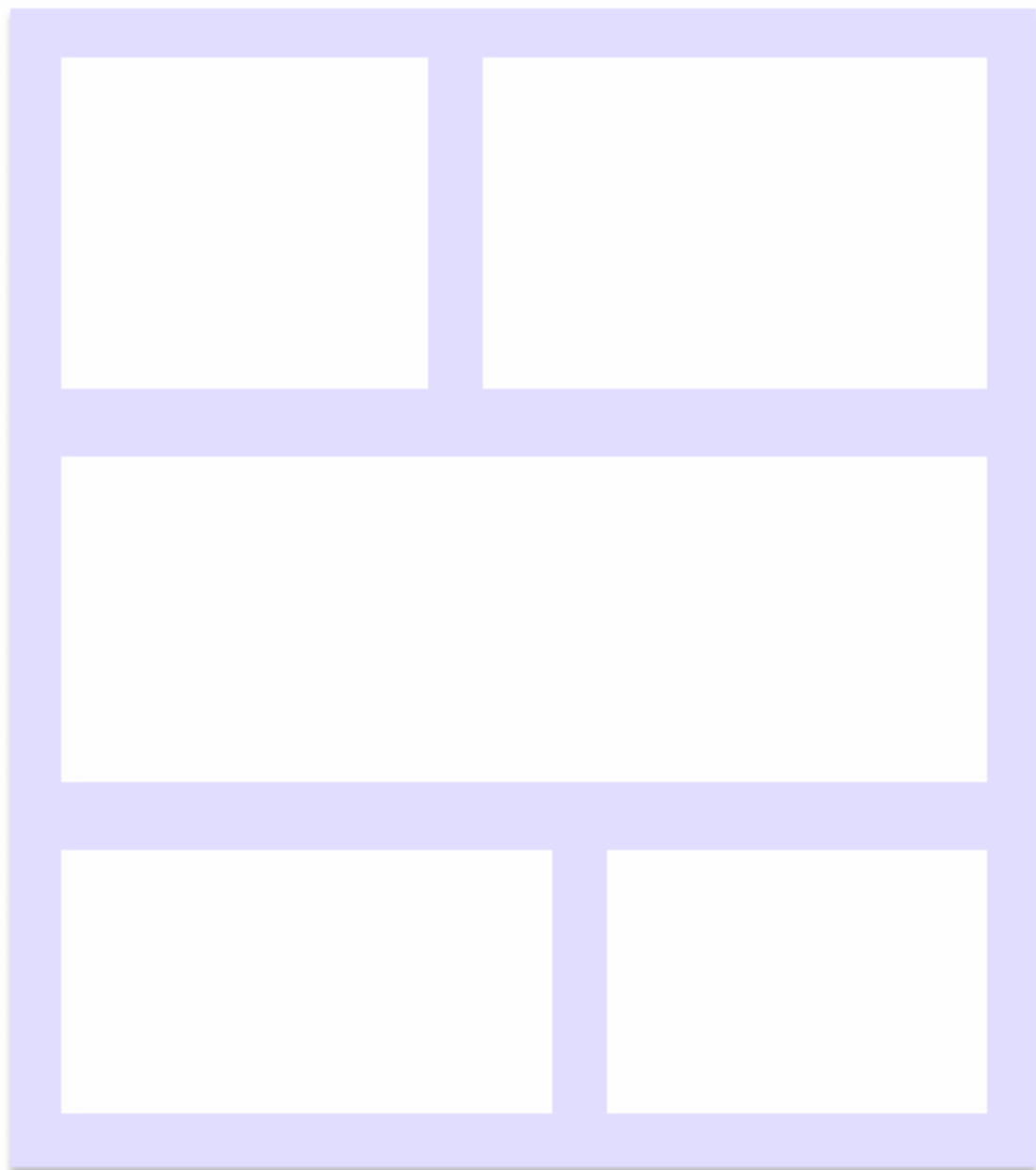
Brave Hard Working Cool

Pick emojis that describe you:



Share your Story!

Quickly doodle things that are part of your life! Are these part of your daily routine? Make a short comic about your unique life story.



A comic strip template consisting of five rectangular panels arranged in three rows. The top row has two panels of equal width. The middle row has a single wide panel that spans the width of both panels in the row above. The bottom row has two panels of equal width, matching the layout of the top row. All panels are white and are separated by light purple borders. The entire comic strip is enclosed within a larger light purple frame.

Picture Prompts

When filling out your MyCompass profile, you will be asked to choose a cover photo and a profile photo. It can be tricky to choose the right picture which is why you can use these prompts to help you out if you're stuck! Remember, these are completely your choice and you can pick whichever prompt you want!

Outside in the
sun shine

Smiling at the
camera



Posing with
family and
friends

Waving at the
camera

Wearing cool
accessories
like hats

Doing the peace
sign or dabbing

Using pictures
from a fun event
like a birthday

Posing with
pets or plants

Anything else
you want!

Respecting me and my Rights



Respectful Behaviour

Everyone has certain rights and responsibilities that need to be respected by people around them. It means that other people should make you feel included, safe and respected as a person. Here are some very important rights that are protected by law:

Expression:

You have your own opinions and ways of living

Equality and access:

You have access to the same service and opportunities as others

Relationships:

You can have consensual relationships with others and also have the freedom not to be in a relationship.

Employment:

You are entitled to the same pay and benefits as everyone else and can refuse unsafe work

Voting:

You can vote in municipal, provincial and federal elections and vote for who you want

Financial:

You have access to your money and can choose to spend it however you choose to

Housing:

You have a choice of who to live with and decorate your home however you want

Privacy:

You can ask people for personal space, and have your personal information kept private



What are my Rights and Responsibilities?

It is important to know what your rights and responsibilities are and to ask people to respect them. Think about things that are very important to you and what people can do to make sure that those things and you are respected.

What decision do you want to be part of or involved in?

(This can be deciding you need space, changing your preferred name and choosing your own activities activities.)

How are decisions made about yourself? Are you okay with that?

(This can be decisions like where to work, who to live with and what to eat)

Who do you ask for supports?

(This can be your family, friends, BACI staff and anyone else you feel comfortable asking)

Has there ever been a time someone did not respect your boundaries?

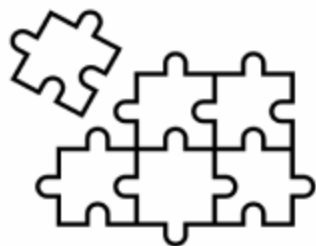
(Think about how this made you feel and what you did after)

How would you tell someone you just met about your boundaries?

(This can look like setting limits and safe words so that new friends are aware of what are and aren't comfortable with)

How can people respect your privacy?

(This can be not posting pictures of you online without your permission, letting you handle your own tasks and giving you personal space)



Things that don't work for me



Things that don't work for me

When filling out the MyCompass Profile, think about the things that you do not like.

A good day doesn't have these things in them...

How these things make me feel emotionally

What I would rather do or have instead of these things

There are many things that people can dislike to feel uncomfortable around. You have every right to not do or be part of things you don't like



Things you dislike could be personal preferences, such as not liking a certain food or not wanting to wear a certain colour. They can also be moments or things that are hurtful such as someone not respecting you or things that cause discomfort like hot weather.

Things I don't like

These are things that you feel uncomfortable by, do not enjoy doing or do not want as part of a good day. Think about these things and write them down.

Make a list of the things you dislike:

How do you show dislike?

What are some very important ways you show your dislike about the different things that you don't enjoy and don't like being around? **Draw or write them down.**



**What I care
deeply about**



What I care deeply about

When filling out the MyCompass Profile, think about the things that are special to you.

How do these make you feel?

What is your life like with these things in them?

What makes them important to you?

There are many things that are important to people and that they care about. These can be rights, beliefs, relationships, learning or anything else.



Things you care about can be activities that you enjoy doing such as a sport or a craft. It can be people that you are close to such as family and friends. It can be your personal and religious belief and how you look at the world.

Things I care about

There are many things that are important to people and that they care about. These can be rights, beliefs, relationships, learning or anything else.

Make a list of the things you care about:

How do you show care?

What are some very important ways you show that you care about the different things that you enjoy doing and love being around? **Draw or write them down.**



Hopes of my family/guardian



What does your family think?

Your family has many hopes and dreams for you. What are some of the words your family would use to describe you and your life?

Brave

Motivated

Fun

Caring

Outgoing

Humble

Nice

Adventurous

Shy

Witty

Logical

Eager

Honest

Creative

Strong

Loyal

Energetic

Wise

A few words from your family

Ask your family what they love most about you and how they see your future!

My family is proud of me for:

My family is hopeful that I:

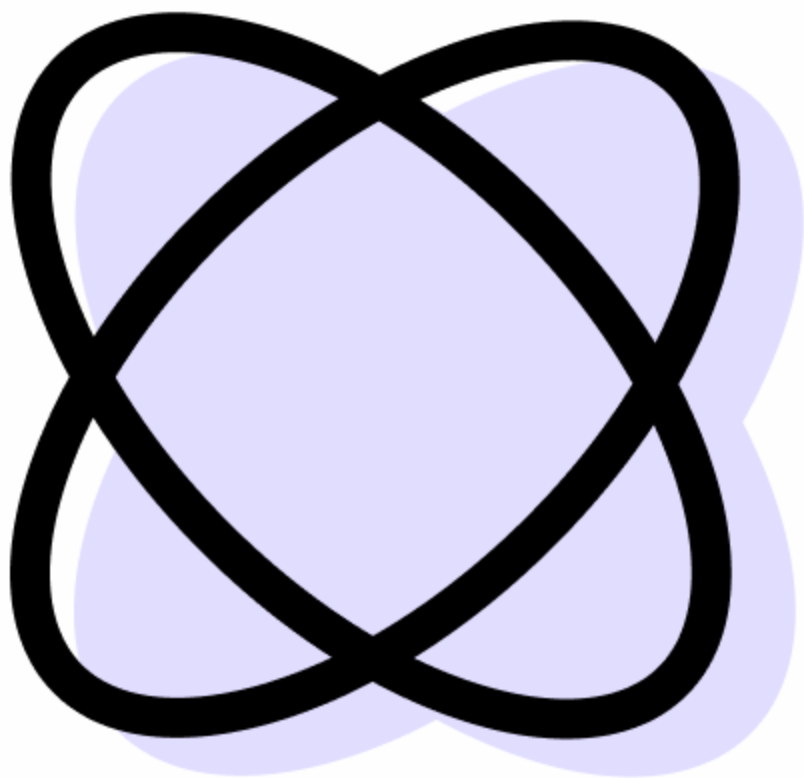
My family wants me to improve:

Family Pictures!

Think about pictures you and your family want to add on the MyCompass section.
Draw out some ideas for funny poses you all could try and take pictures of!



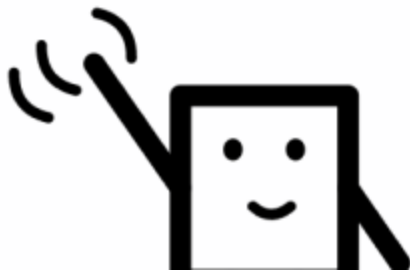
My unique ways of communicating



Introductions

Each person has a different and unique way of communicating, even if they meet someone for the first time. What would you say to someone that you were meeting for the very first time as a introduction about yourself?

Introduce yourself to someone new:



How do you communicate?

What are some very important ways you show your emotions. This could be smiling to show happiness or tapping your feet to show you are uncomfortable.

**How I show
happiness:**



**How I show
anger:**



**How I show
surprise:**



**How I show
fear:**



**How I show
excitement:**



**How I show
sadness:**



Important things about me

rights and responsibilities handbook... look at the question

My Information Sheet

Things I Like:

Things I Dislike:



How do I show my friendship and love to other people?

What are some of my core beliefs that are really important to me?

Are there any food or drinks that I cannot eat or drink? What are they?

Learning



How would you like to learn?

If you want to learn about something new, how would you like to learn it. Pick the learning style that you would learn the most through.



Watching videos
and documentaries



Listening to podcasts,
radio and music



Reading books, articles
and newspapers



DIY - doing tasks yourself
to learn about them



Learning things at
school, work or home



Following news stories and
trends on social media



Being outside and
observing nature



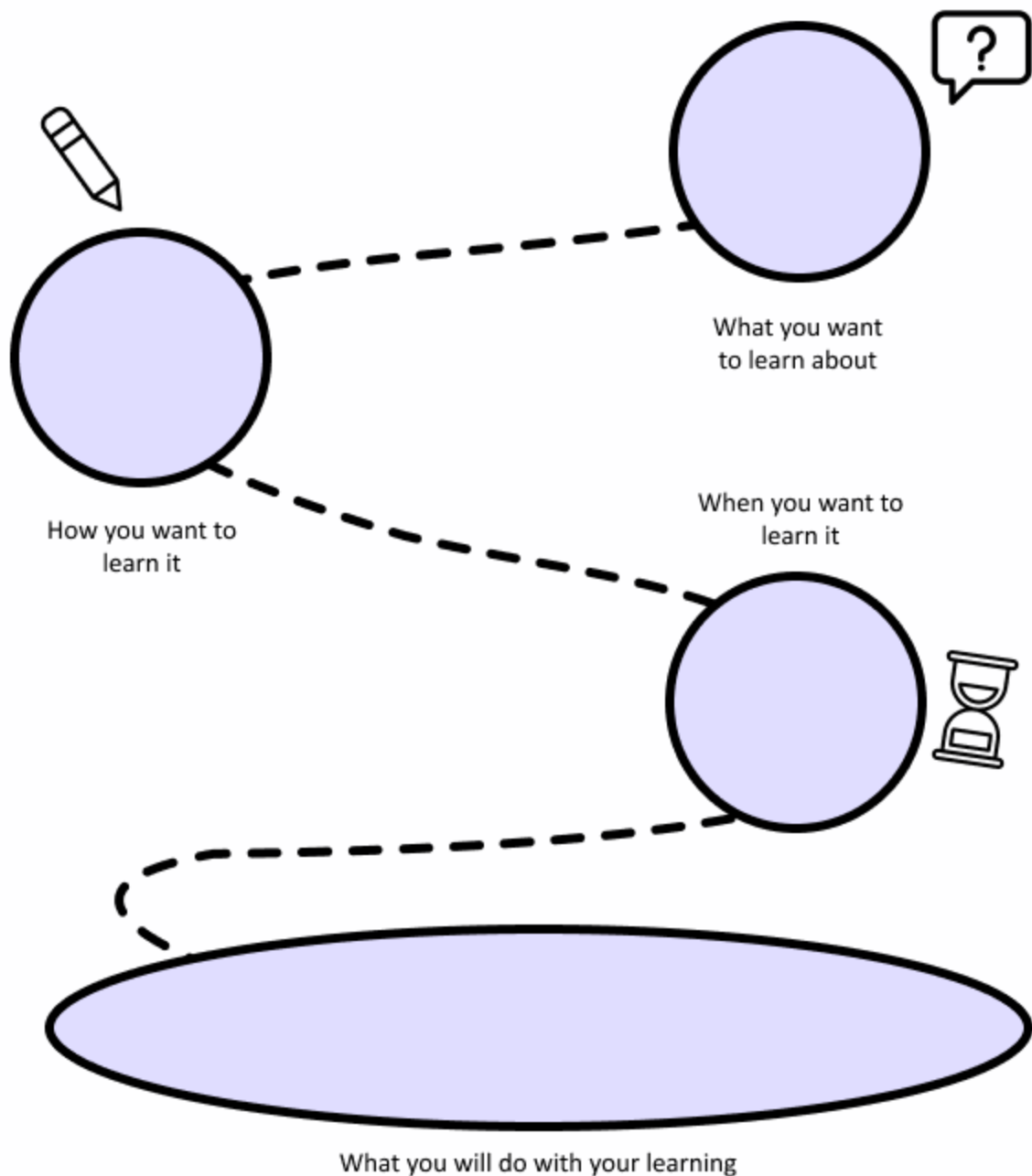
Teaching others about
different things



I would like to learn by

Your learning journey

Everyone learns in different ways and wants to learn about different things. What are some of the things you want to learn about?



Share your learning!

There are so many different things to learn and improve on. What are some of the things that you have learned and improved on?

Something I learned this week:

(This can be something about art, music and even how to cook something)

Something I improved on this week:

(This can be a hobby, new activity or even a goal you set for yourself)

Something I would like to teach a friend or family member:

(This can be a fun fact about something, a game or even a new word!)

Interests



What do you like?

There are so many different things out there that are very interesting and fun.

Circle all of the things that you like doing and enjoy being a part of!

Watching videos	Shopping	Baking	Writing	Hanging out with friends
Listening to music	Yoga	Taking naps	Drawing	Visiting new places
Going to the park	Talking to loved ones	Fill your own 	Taking pictures	Singing
Painting	Reading	Meeting new people	Gardening	Playing video games
Social Media	Going out to eat	Dancing	Playing a musical instrument	Cooking

Share your Interests!

Think about all the hobbies and interests that you like doing. Which ones do you want to share on MyCompass with other people. What types of pictures and descriptions could you add for them to show how important they are to you?

Favourite TV
show or movie

Pictures of
family and
friends



Fun activities
you do with
loved ones

Pictures of pets



Things you like to
eat for dessert

Pictures of
places you have
visited



Places you like
in your
community
(parks, shops)

Pictures of
your interests,
like painting



Favourite sport
or game to play

My Hobbies

When do you do all of your different hobbies and activities? Make a hobby schedule of when you like to do things how your day looks like.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

NOTES:

My strengths and unique abilities



Compliments you have received

Compliments can be someone telling you that you tell funny jokes or that you are an awesome painter! Write down some of your favourite compliments about yourself:

My favourite compliments:

You are
beary kind!



Your Strengths and Abilities

Everyone has their own strengths that makes them amazing. Circle all the strengths that you have and fill in your own unique abilities in the empty bubbles as well!

Being a
leader

Good
sense of
humour

Cleaning
and
organizing

Making
friends
easily

Good with
pets and
animals

Drawing
and
painting

Super Strengths

What strength do you think is super? If you were a superhero, you would have this strength. Fill out the sheet with information about your super strength!

SUPER STRENGTH SHEET

My top 3 super strengths:

1. _____
2. _____
3. _____



How did I get my super strength? (Did you learn it from someone or practice it)

When and where do you use your super strength the most (At home, the park, with friends, during a zoom call or somewhere else)
