

## VOLUNTARY DISCLOSURE 'PREP-SHEET'

### Why use this prep-sheet

*This sheet will help you prepare before you give information to police. Please read the Voluntary Disclosure Fact Sheet before filling out this prep sheet. Police recommend that you complete this prep sheet before your meeting with us as it will help us during the meeting.*

### How to fill out the prep-sheet:

*Try to add information to each section. If you get stuck, consider asking a family member or a support person for help. If you are still not sure, the police officer can help at the meeting. You can ask to have someone you know or an Independent Third Person to be at the meeting to support you.*

**Time and date of meeting:**

**Address of meeting:**

**Name of person coming with you:**

**Name of police member you are meeting with  
(if you know):**

### Behaviours:

- *What do you do when you feel upset?*

### Triggers:

- *Things that make you feel upset*

### Best way to communicate:

- *How you communicate*
- *Tips for police to communicate with you*

### Support needs:

- *The best way police can approach you*
- *If you are upset, what can police do to help you feel better*
- *Contact details of a person that police can talk to if they need to*

Who helped provide this information:

*(Please turn over page)*

**Any other information:** *favourite places you like to go, your special interests*