

The Girl Speaks



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Because when they say, “There’s no evidence,” you’ll have it — calmly, clearly, and in your words.

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Part Two:
The Paper Trail Pack

Building Your Paper Trail (Gently)

You don't have to be loud to protect yourself. A paper trail is your quiet record, of what's said, what's promised, and what's actually happening. It doesn't have to be formal or complicated. It just has to be consistent.

Why it matters:

- Professionals may forget or misrepresent what was said.
 - Phone calls leave no proof — emails do.
- If things are questioned later, your records can show your efforts.
 - It helps you stay calm and clear when emotions run high.

What to record:

- Dates and times of conversations.
- What was said, by them and by you.
- Any decisions made or advice given.
- How your child is doing day-to-day.
- Any support you're accessing or offering.

How to keep it gentle:

- Use calm language: 'Just to confirm...' or 'As discussed earlier...'
 - Avoid sounding defensive — just focus on the facts.
 - Keep it short. Bullet points help.
 - Don't argue in writing. Reflect. Clarify. Record.

**You are allowed to protect your version of events.
Your voice matters — even if it's on paper. Especially then.
that protects you and your family.**

Recording Meetings: What You Need to Know

You have the legal right to record meetings with professionals including social workers, school staff, and other services — as long as the recording is for your own personal use ONLY,

You do not need permission to record, though some professionals may try to discourage it. You are not breaking the law by recording a meeting or conversation that you are part of.

Recordings can help you:

- Remember exactly what was said
- Stay calm in difficult conversations
- Clarify misunderstandings later
- Protect yourself if things are misrepresented

It's important to note: You cannot legally share the recording publicly or use it in a way that harms others' privacy. If you ever want to use a recording in court, discuss it with your solicitor first, most recordings will need to be fully transcribed before they are useable in court.

If you feel safer, you can let the professional know: "I'm recording this for my own records and to help me process what's said later."

Even if they object, you are still within your rights to continue recording.