

Adoption Support

A guide for children
and young people



Welcome to your guide!

After Adoption exists to help adults, children and families involved in adoption. By encouraging awareness and understanding we help others learn about adoption. We work in England and Wales to give them the best help and support possible.

Here are some of the things that we do:

- We treat everyone with the respect they deserve.
- We find families for children in care, including those who are disabled or have other needs.
- We deliver high quality services.
- We support people who may not be sure of their identity.
- We help people to have a better chance in life.
- We share how we help people so more can benefit.
- We support adoptive parents so their children have an enjoyable childhood.
- We listen to and include children in the adoption process.
- We prepare adoptive parents to help them provide children with a sense of identity and origins.



You and your family

You may sometimes have strong feelings growing up in your family, like hurt, anger or excitement and they can affect the things you do, and your parents too. If you understand how you feel then your parents can learn how to help you. Your Support Worker can meet and talk with you all to help you and your parents understand your feelings so you can work things out together.

Talking about adoption

Your parents and Support Worker can help you find out more about your adoption and how best to talk about it.

Why was I adopted?

Sometimes people do not have the information they need to be able to understand why they were adopted.

What happened before I was adopted?

Some children have a Life Story Book. This is a book about your life before you were adopted. If you don't have one of these books you may be able to get one.

What do I tell people at school?

Some people want to tell everyone they meet that they're adopted. Other people don't want to tell anyone. You can choose to tell who you want.

Can I meet other adopted people?

Yes! **GET INVOLVED!** You and your family can come to our events, groups, activities and camps! There's far too much to list here, so **ask to be added to your local mailing list** for regular updates on **what's happening in your area** and **don't forget to check out our website:**



Your birth family

Contact with your birth family is decided by a judge and could be by letters, or even meetings with birth family. Talk with Your Support Worker about the contact you have or would like to have.

Why do some children have contact with their birth parents, and some don't?

A judge listened to your feelings and input from your social workers and birth family before deciding what contact was best for you. Each situation is different, so some people can send and receive letters and some meet members of their birth family regularly while some don't have any contact at all.

What happens if I don't hear from my birth family?

If you should have contact but this doesn't happen, your Support Worker can try to find out more, help you understand why your birth family isn't able to send letters or to meet with you, and maybe help change this.



What if I'm having contact that I don't want?

Over time you may want to change your contact with your birth family. Talking about this with your adoptive parents may be hard, so your Support Worker can listen to your feelings about your birth family and what contact you would prefer.

How can I keep myself safe online?

Even if you do have contact with your birth family, there are often good reasons why you can't keep in touch online. If someone approaches you on social media, talk to your adoptive parents and your Support Worker about it. Remember that people online might not be who they say they are.

Can someone talk on my behalf?

Yes. Coram Voice and the National Youth Advocacy Service are two organisations who will be able to help explain your feelings to others. You can find their contact details below.

CORAM Voice

Call: 0808 800 5792

www.coramvoice.org.uk

info@coramvoice.org.uk

Gregory House, Coram Campus
49 Mecklenburgh Square
London. WC1N 2QA

National Youth Advocacy Service

Call: 0808 808 1001

www.nyas.net

help@nyas.net

Tower House, 1 Tower Road
Birkenhead
Wirral. CH41 1FF

Who are TalkAdoption?

TalkAdoption is After Adoption's service just for you, adopted children and young people. We want to:

- Help you and your parents **talk about adoption**.
- Help you **answer questions** about being adopted.
- Help parents **understand your feelings** and how you can work to **help each other**.
- Hold activity and family days, workshops and other **exciting events**.
- Run **groups and residential camps** for adopted children to talk to each other about adoption, **share their experiences and HAVE FUN!**
- Help you **talk with your parents** about difficult things.



Have your say

If you aren't happy with something your TalkAdoption worker has done or anything about After Adoption you can let us know. Ask your worker, or anyone at After Adoption, to talk you through our complaints process. A parent can help you do this if you want them to.



If you are still not happy after this process you can contact OFSTED in England or the Care and Social Services Inspectorate in Wales.

England:
OFSTED, Piccadilly Gate
Store St., Manchester. M1 2WD
0300 123 1231 ofsted.gov.uk

Wales:
CSSIW, Government Buildings,
Rhydycar, Merthyr Tydfil. CF48 1UZ
0300 790 0126 cssiw.org.uk

You can also tell the Children's Commissioner about your experience of adoption support.

The Office of the Children's
Commissioner, Sanctuary Buildings,
20 Great Smith St, London. SW1P 3BT
0207 783 8330
childrenscommissioner.gov.uk

The Children's Commissioner for Wales,
Oystermouth House, Phoenix Way,
Llansamlet, Swansea. SA7 9FS
0808 801 1000
childcomwales.gov.uk

www.TalkAdoption.org.uk

Call: 0808 808 1234
TalkAdoption@afteradoption.org.uk

Useful contact details

CORAM Voice

www.coramvoice.org.uk

info@coramvoice.org.uk

Call: 0808 800 5792

After Adoption

Unit 5, Citygate

5 Blantyre Street

Manchester. M15 4JJ

info@afteradoption.org.uk

Call: 0161 839 4932

National Youth Advocacy Service

www.nyas.net

help@nyas.net

Call: 0808 808 1001

Come and join the fun!

