

after
adoption

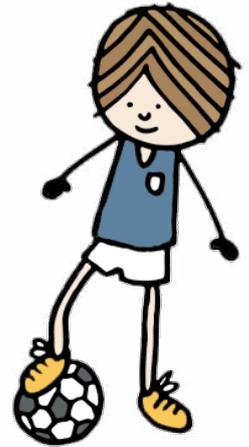
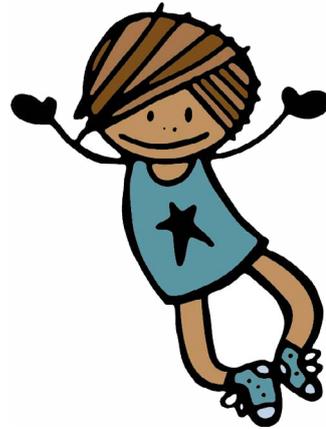
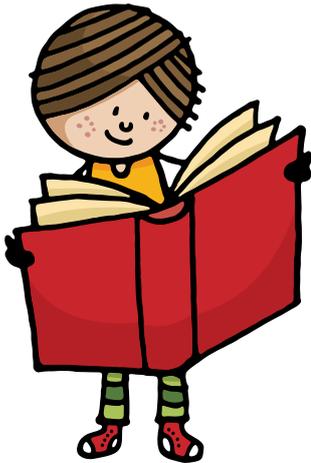


Your adoptive family

In your new family you might have some questions.

This book will help you answer them.

Your parents or Adoption Support Worker can help you to read it.



Your feelings about adoption

Sometimes you might feel angry, sometimes you might feel sad or hurt and you might not know why .

Your parents might not know why you feel like this.

Your Adoption Support Worker can help. They can help you all work things out together.



Why was I adopted?

Lots of children are adopted when they are very young.

You might have questions about why you were adopted.

Your Adoption Support Worker can help you answer these questions.

Some children have a life story book. This is a book about your life before you were adopted.

If you don't have one, ask your parents or your Adoption Support Worker.

Talking about adoption

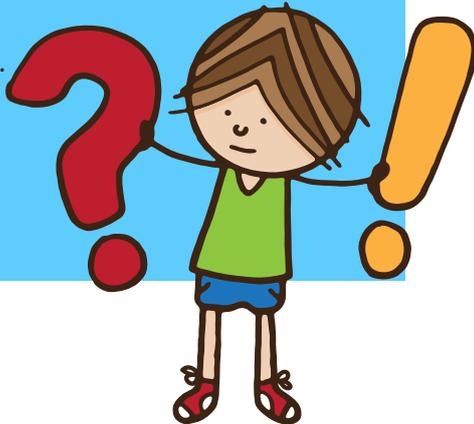
Sometimes it is difficult to talk about adoption at school and with friends.

Some people want to tell everyone they're adopted.

Some people don't tell anyone.

You can decide who to tell.

Talk to your parents and your Adoption Support Worker who can help you decide.



Can I meet other adopted people?

Yes! There are lots of adopted people.

You and your family can come to an After Adoption family day.

Lots of adopted children and their families come to meet each other and have fun.

There are lots of activities like face painting, arts and crafts and games.



Your birth family

Sometimes adopted people can meet their birth family.

Sometimes they can send and receive letters.

Sometimes they are not able to be in touch with them.

Every adoption is different, just like every family is different.

Your parents or your Adoption Support Worker can talk to you about what you can do.



Can I talk about adoption online?

There are lots of different ways that people keep in touch - they use telephones, computers, email and things like facebook.

Even if you get letters from your birth family, there might be a reason why you shouldn't keep in touch online.

If someone does try to contact you online, then talk to your parents or Adoption Support Worker about it.

Remember, people online might not be who they say they are.



What is After Adoption?

After Adoption is a charity that helps people who have been adopted.

Your adoption support worker will help you and your family when they need it.

The people at After Adoption know a lot about what it is like to be adopted.

This is because they have worked for many years with many adopted children and their families.

Some of them were even adopted themselves or have adopted children.



Can I say something?

Of course you can! It is very important for you to tell us if we have done something right or wrong so we can learn. If you tell us about something that has gone wrong then this is what happens:

Talk to your parents and they will tell After Adoption what's on your mind. We will try to find out what happened and write to you in about two weeks.

Hopefully you will be happy after this but if not your parents and Adoption Support Worker can talk about how to take things further. (parents - see back page)

People who you can talk to

There are a lot of people you can talk to if you need to.
Their job is to help you so they will be happy to talk to you.

TalkAdoption

0808 808 1234, www.talkadoption.org.uk

They will talk to you about anything to do with adoption.

Coram Voice

0808 800 5792, www.coramvoice.org.uk

National Youth Advocacy Service

0808 808 1001, www.nyas.net

They will help you explain your feelings to others.

Children's Commissioner

in England: Help at Hand 0800 528 0731

www.childrenscommissioner.gov.uk

in Wales: 0808 801 1000

www.childcomwales.org.uk

Their job is to make sure you are safe and to speak out for you in the government.

You can tell them about your experience of adoption support.

Childline

0800 1111, www.childline.org.uk

They will talk to you about anything - especially children who are being hurt.

You can also contact your Independent Reviewing Officer who will make sure you get any help you need. Ask your parents or Adoption Support Worker.



About me

My name is:

My favourite colour is:

This is what I think about adoption:

About your Adoption Support Worker

Name:

Telephone:

Email:

If you are not happy with something they have done you can contact their boss who is:

Name:

Telephone:

Email:

Your Independent Reviewing Officer:

Name:

Telephone:

Email:



Further complaints:

If you are not happy after our initial response, you can write to our Chief Executive and someone outside of After Adoption will find out what happened and write to you. If you are not happy after this, you can contact OFSTED in England or CSSIW in Wales:

OFSTED

Picadilly Gate, Store St, Manchester. M1 2WD. 0300 123 1231

CSSIW

Welsh Government, Rhydycar Bus. Park, Merthyr Tydfil. C48 1UZ. 0300 7900 126

www.afteradoption.org.uk

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Registered charity 1000888

Guide for younger adopted children

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