

Children's guide to

Adoption Support in England



AdoptionUK
Together we're family

We know that being adopted isn't always easy. You're not alone - there are lots of adopted children in the UK.

This guide tells you about how to get help when you need it.

Adoption UK is a charity that helps adopted children and their families.

Being adopted isn't always easy.



Sometimes you might have big, difficult feelings about friends or school, or about your birth family. Sometimes you might feel angry or have tummy pains or headaches.

Your parents will be able to help with lots of things, and it's always a really good idea to tell them how you're feeling.



Here are some questions you might have.



Who do I tell about being adopted?

It's completely up to you who you tell. It's fine not to tell, but it's also fine to talk about it. If you're not sure, ask your parents. They'll want to help.

Can I change how much I'm in touch with my birth family?

You might have letters from them, or you might meet up in person. Maybe you're not in touch at all. If you want something to change, talk to your parents. You might be worried about upsetting them, but they've had lots of training about adoption, and they'll want to help. You can talk to us, too. Our number is on page 5.

How do I find out more about why I was adopted?

You might have a book or a letter that tells you about your life before you were adopted. If you haven't see that, ask your parents.

Where to go for help

There are lots of places that help children who are adopted. Adoption UK is one of them.

Your parents can help you get in touch with us, or you can phone us yourself. It's free and we're very friendly! As long as we're sure you're safe, we won't tell anyone about what you tell us. This is the number:
0300 6660006.



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

You can also phone Childline - you've probably heard about them at school. It's free to phone, and you can talk to them about anything.

If we get it wrong



If you ever think we've got something wrong, we want you to tell us so we can put it right.

Ask your parents to help you get in touch with us.





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For details on any of our policies on confidentiality, data protection, child and vulnerable adult protection, equal opportunities and complaints procedures, please contact any of our offices.

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