

Young person's guide to

Adoption Support in England



AdoptionUK
Together we're family

There are tens of thousands of adopted young people in the UK.

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

This Adoption UK guide:

- answers some of the questions that you might have,
- tells you about the kind of support that's available,
- and how to get support.

Being adopted

isn't always easy.



At times you might need some support with feelings and situations you're struggling with. Maybe you're finding friendships difficult, or school/college is making you unhappy. Contact with birth family can come with lots of big emotions. Maybe just being at home with parents and siblings is complicated.

All of these things are normal, but that doesn't make them any easier to deal with.

Your parents will be able to help with lots of things. But sometimes it's easier to talk to someone who isn't part of the family, and who really 'gets' what it's like to be adopted. There are lots of places you can go to for help.



Here are some questions

you might have.

Who do I tell about being adopted?

That's completely up to you. It's fine not to talk to friends, teachers and other adults about being adopted, but sometimes you might want to talk, and that's fine too. You'll probably find that most people have complicated families in some way or other. If you need help thinking through how to talk to people about being adopted, talk to your parents if that feels ok. You can talk to us too. Our contact details are in this guide.

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

When you were adopted the court decided on the best sort of contact for you to have with your birth family. Some people are in touch through letters, others meet up in person. If you want to change something about your arrangements, it's important to tell someone. You might be worried about upsetting your parents, but they've had lots of training about adoption, and they'll want to support you. You can talk to us, too.

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

Your parents might be able to answer your questions, and that's the best place to start. You can also talk to a social worker, who will try to find out more for you. You can look at your records in full once you are 18.

Where to go for help.

Adoption UK is one of the places you can go for help.



Our helpline is free and confidential.
It's open 10am-2.30pm Mon-Fri.
0300 666 0006

We have a team of therapists and counsellors
who work with families like yours every day.



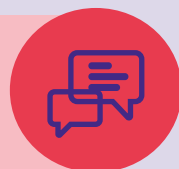
We provide opportunities for adopted young
people to make their voices heard.

Our new programme to help adopted
14 & 15 year olds gain work skills starts in 2023.



If you're aged 18+ you can join our
community for adopted people. Check out
our website to find out more.

In Wales, Scotland and Northern Ireland we provide
activities, meet ups and residential for adopted young
people. We're planning to provide these in England too.



Other places you can

go for help.

Your parents will know how to get in touch with your local authority Adoption Support Team, who will listen and work out a plan to help you.

childline

Childline is a free, private and confidential helpline where you can talk about anything.
Tel: 0800 1111
www.childline.org



The National Youth Advocacy Service offers advice and information to children and young people.
Tel: 0808 808 1001
www.nyas.net



The Children's Commissioner for England is responsible for making sure adults listen to children and young people, and respect their rights.
Tel: 020 7783 8330
www.childrenscommissioner.gov.uk

If you have a concern

or complaint.



If you have a concern or complaint about Adoption UK, please tell us about it because we will want to try to put it right.

You can write to us, phone our helpline or email us. You can also get in touch on social media. We will make time to listen to you, and work with you to sort things out.

Our contact details are on the next page.

You can also contact Ofsted - an organisation which checks that Adoption UK is doing things properly.
Tel: 0300 123 1231
www.ofsted.gov.uk



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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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