



# Family Adoption Links

a child's guide to  
adoption support

FAMILY  
ADOPTION  
LINKS

# this is my story



If you are reading this, or having it read to you, you are growing up in an adoptive family. You might already know some things about your adoption and your life before you joined your family. As you get older, you might have more questions. That's okay. You can ask questions whenever you are ready, and there are people who can help you.

## how might I feel?

Being adopted can make you feel lots of different things. You might feel...



Sometimes you might feel lots of these things at once, or sometimes you might not think about being adopted at all. There is no right or wrong way to feel.

If something is worrying you, talk to someone you trust.

# questions are okay

You might wonder:



*why was i adopted?*

*where is my birth family?*

*will i see them?*

*can i find out more about my story?*

*are there other adopted children like me?*

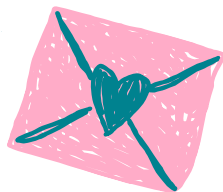


It is okay to ask questions. You can talk to your family or someone at Family Adoption Links. You might have a Life Story Book with information and pictures about your life before you were adopted. You can look at this with an adult you trust.

## staying in touch

You may have contact people from your birth family and at Family Adoption Links this is called Staying in Touch. This might be through:

- Letters
- Photographs
- Cards
- Visits



When you were adopted, adults made decisions about how much Staying in Touch would be best for you and, as you grow up, the adults around you will continue to think about what is best for you. Though your thoughts and feelings are important too.

# your story is private

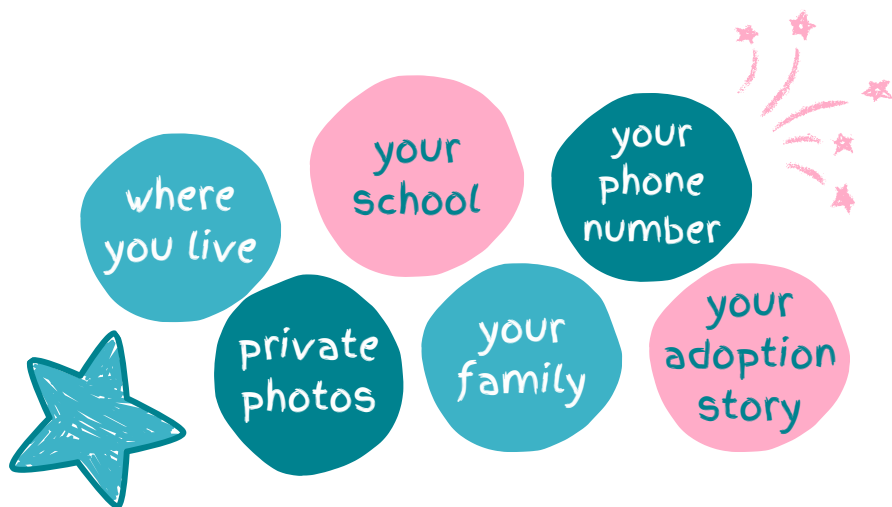
You can choose who you tell that you are adopted, you don't have to tell everyone. If someone asks you questions and you don't want to answer, you can say:

"That's private." or "I don't want to talk about that."

## staying safe online

The internet can be fun but remember to keep your personal information private.

Don't share:



If something online makes you feel worried, scared or uncomfortable, tell an adult you trust. You can always ask for help.



# who can help me?

Your parents can help you with lots of questions about adoption. They might know the answer, or they can help you find out more.

If you have feelings, thoughts or worries that you would like to talk about with someone else, you can talk to Family Adoption Links. Our team knows lots about adoption and is here to listen, answer your questions and help you and your family. You can talk to us about things like:

- your adoption story
- your feelings
- Staying in Touch
- something that is worrying you
- questions you have as you get older.



You can also take part in fun activities and events where you can meet other adopted children and families. You don't have to have a big problem to talk to us.

## if you live in...

## contact...

**north lincolnshire**

01724 297024

[adoption@northlincs.gov.uk](mailto:adoption@northlincs.gov.uk)

**lincolnshire**

01522 782111

[adoptionssupporthelpline@lincolnshire.gov.uk](mailto:adoptionssupporthelpline@lincolnshire.gov.uk)

**leicester**

0116 454 6540

[Post-Adoption-CFST-Duty@leicester.gov.uk](mailto:Post-Adoption-CFST-Duty@leicester.gov.uk)

**leicestershire**

0116 305 1126

[adoptionssupport@leics.gov.uk](mailto:adoptionssupport@leics.gov.uk)

**northamptonshire**

01724 297024

[adoption@northlincs.gov.uk](mailto:adoption@northlincs.gov.uk)

# other people you can talk to

If you have a question, worry or something you would like to talk about, there are other people you can contact too.

Childline is a place where you can talk about anything that is worrying you.

You can call them for free

on:

0800 1111

You can also visit

[www.childline.org.uk](http://www.childline.org.uk)

Kooth is a website where you can talk to someone about your feelings or worries and find things that might help you feel better.

[www.kooth.com](http://www.kooth.com)

Sometimes you might want someone to help you tell adults what you think and how you feel. An advocate can listen to you and help make sure that your voice is heard.

National Youth Advocacy Service (NYAS) can help children who would like an advocate.

Call 0800 616 101

The Children's Commissioner helps make sure that children's voices are listened to and that children know about their rights.

0800 528 0731 or [help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)

Ofsted checks adoption services to make sure they are doing a good job. If you are unhappy about something to do with an adoption service, you can tell Ofsted.

0300 123 1231 or [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)