



Family Care

Adoption Services



Adopted young people

Every Child Deserves a Family Life

www.familycareadoption.com

Adopted young people

Your adoptive family is legally yours for life. You belong with them and they belong to you. As you are growing up together you might have some more questions about your adoption.

When you were adopted your new family was given some information for you. This probably answered some of the questions that you had at the time, but as you get older, you might have more questions that need answering

Family Care helped to find your new family, and are here to help you if you have any questions.

You might know quite a lot, or you might only know very little.

Like a lot of adopted people you might wonder about these sorts of things...

Why was I adopted?

- Every now you might want to talk to someone about these things.
- If you were adopted when you were very young, there might have been things that you didn't understand.
- Sometimes people are not interested in finding out at first but then become interested later on.
- Sometimes people do not have all the information they want to be able to understand why they were adopted.
- Sometimes parents do not have all the information either.
- Or you might prefer to talk to someone else to find out more.

What happened before I was adopted?

- Some children and young people have a Life Story Book when they join their new family.
- This is a book about your life before you were adopted.
- If you don't have one of these, your parents might have information to help you to make one.
- Sometimes they don't have all the information that you need.
- The Family Care Adoption Support Worker may be able to help you to get this information.
- We can help you with Life Story work if you would like this.

How should I feel about being adopted?

- As you are growing up in your family there may be times when you have strong feeling about things.
- Often when we have strong feelings, like hurt or anger or excitement, we don't know where they come from and they can affect the things we do.
- They can affect your moods and your behaviour at home and at school.
- Sometimes these feelings can affect your parents too - if you don't understand how you feel then it is difficult for your parents to understand how you feel and be able to help you.
- The Family Care Adoption Support Worker will be able to understand some of what you are feeling because they work with many children who have been adopted and their families.
- They may also have worked with birth parents so that they can help you to understand what your birth parents may be feeling.
- If you or your family would like to have support about anything to do with adoption, our Adoption Support Worker can meet you.
- You can meet on your own or with your family somewhere that suits you.
- We will talk to you and your family and try to help you understand your feelings.
- We will try to help your parents understand your feelings so you can work things out together.





What do I tell people?

Some people want to tell everyone they meet that they're adopted.

Other people don't want to tell anyone.

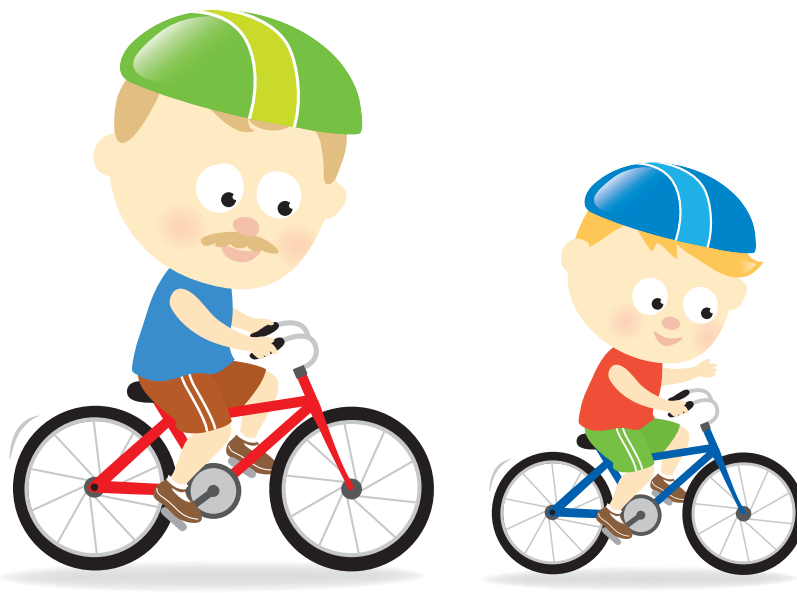
If you don't know who you want to tell, or what to tell then you could talk it over with your parents.

You can choose to tell who you want.

If you would like to have someone else there or would prefer to talk to someone else yourself, our Adoption Support Worker would be happy to meet you.

Are many other people adopted?

- Yes lots.
- About 5,000 people are adopted every year in England and Wales.
- About 100 children are adopted every year in Northern Ireland.
- There are adopted people in every country.
- There are a lot of famous people who are adopted.
- Co-founder of Apple Computers and the brain behind the iPod, Steven Paul Jobs.
- Also Halle Berry, Nelson Mandela, Faith Hill, Shaun Wright Philips & Nicole Richie.
- Not to mention Superman, Moses and Jesus!!



What about my birth family now that I am adopted?

- When you went to the Court for your Adoption Order, the Judge decided if and when you should see or hear from your birth family.
- He or she made this decision on what was the best thing for you, and will have listened to your feelings along with information from your Social Workers, birth family and sometimes other people.
- Adoption means that you are loved and cared for by a new family, but it doesn't mean forgetting the people that you knew and loved before.
- If it is safe and good for you to stay in contact with your birth family then this can be arranged.
- This may be a face to face visit a once or twice a year.
- Your new family and your birth family might write to each other to share news about you, and give you news about them.
- You might have very strong views about staying in contact with your birth family and these will be considered at all times.
- Contact arrangements can change as you grow up.

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What happens if I don't see or hear from my birth family when I should?

- If the Judge has agreed that you should get letters or meet with your birth family but this doesn't happen, our Adoption Support Worker might be able to help you.
- Sometimes they can help your birth family to write a letter or meet with you if they can.
- If they can't, we can try to find out more about your birth family, and help you understand why they have not been able to send letters or to meet with you.

What if I want to change the contact I am having with my birth family?

- Sometimes as children grow up, they want to change how much they see their birth family or whether they get letters from them.
- You might find it hard to talk about this with your adoptive parents.
- If you want to see more or less of your birth family or just talk about what you feel about them you can talk to the Adoption Support Worker about it.



What if I have other questions?

Sometimes as children grow up, they think of other questions about their birth family that they would like to have answered such as:

- Where are my other brothers and sisters now?
- Why are we not living together?
- Are they safe and being looked after?
- Do I have siblings I don't know about?
- If you want to have more information about your birth family or just talk about how you feel about them, you can talk to our Adoption Support Worker about it.

What can my Adoption Support Worker do?

- Help you to talk about being adopted.
- Ask and answer any questions about being adopted that you might have.
- Help you to talk to your parents about being adopted, or about other things that you want to talk about.
- Help your parents to understand the strong feelings you might have and how to manage them with you.
- Find out more about your Birth family if you have questions.
- Arrange for you to meet other adopted young people if you want to.
- Arrange for your parents to meet other people who have adopted children.

Contact us

Our Post Adoption Support Worker can offer you a supportive and non-judgmental service. Please do not hesitate to get in touch.

We are happy to hear from you:



E: email@familycareadoption.org

W: www.familycareadoption.com



Belfast: 028 9069 1133

Derry: 028 7136 8592



Family Care Adoption Services:

Unit 9, Orchard Business Park
Pennyburn Industrial Estate
Derry, BT48 0LU

97 Malone Avenue, Belfast,
BT9 6EQ

