

Fostering Changes Life



A **Childrens**
guide to fostering

CONTENTS

What is Fostering?.....	03
Your social worker and Independent Reviewing Officer... ..	04
Your Family & Family Time Contact	04
Fostering Changes Life	05
Foster Family	06
Education	07
If Your Worried/Bullying	08
Your Rights	09
Compliments/Complaints	10
Contact	11

WHAT IS FOSTERING?

Who are Fostering Changes Life?

Fostering Changes Life is a Fostering Agency that helps to find families/foster carers for young people, who like you, need to live away from their own family for one reason or another.

Fostering

If a mummy or daddy are finding things hard, some other grown-ups will help look after the children and make sure they are safe, happy and healthy, these are called foster carers. Foster Carers look after children who are not able to live with their parents or family. Then include the bear or cartoon pictures etc. Can also put both paragraphs into bubbles or make them stand out more.



YOUR SOCIAL WORKER AND INDEPENDENT REVIEWING OFFICER

Social Worker

Your social worker helps to make sure you are happy and looked after well. They will visit you at your home and can help you with anything you might want to ask them.

Independent Reviewing Officer

Your Independent Reviewing Officer will make sure you have a care plan and that your care plan meets all of your needs and is all about you. It is important for you to tell them how you feel and what you want to happen.

YOUR FAMILY AND FAMILY TIME CONTACT

Your Family

Your family will be told by your social worker about your foster carer's, where you are and how you are doing.

Family Contact Time

In certain situations, you may be able to see your family during family time contact. This will be discussed with your social worker.

FOSTERING CHANGES LIFE

You are very important and special to us and we want you to feel happy and safe in the care of your foster carer.



DRAW WHAT MAKES
YOU HAPPY



FOSTER FAMILY

Your foster family are people who look after children and keep you safe.

It can be hard meeting your foster carer for the first time and you might feel nervous. Your foster carer will do their best to help you feel safe and happy.

Write down names of people important

EDUCATION

If you already in school, then everything will be done to make sure you can stay there.

Sometimes you will need to change school for many different reasons, this will be explained to you.

Your teacher will know that you are in foster care but no-one else in the school will know.

You can speak to your teacher about anything to do with being in foster care.



IF YOU ARE WORRIED/BULLYING

When You Are Worried

When in foster care there may be times when you feel worried. You can speak to your foster carer, your social worker or your teacher.

Bullying

If you feel you are being bullied this can be a hard time in your life.

What is bullying?

- Being called names
- Being teased
- Being hurt

There are many other ways you can be bullied and bullying can happen at any time, in any place and by anyone. If you feel you are being bullied or have been bullied then speak to an adult you trust, this could be your social worker, IRO, or teacher.

YOUR RIGHTS

You have the right to:

Be kept
safe at
all times

Be treated
equally
and fairly

Weekly
pocket
money and
money to be
saved up
for you

Know why
you are
looked
after

Play
and
have
fun

Have an
education



COMPLIMENTS AND COMPLAINTS

We hope you are happy with your foster family. If you are happy, or sometimes you might be sad, you can let any of these people know

Social Worker

FCL Social Worker

Independent
Reviewing Officer

Teacher

IMPORTANT CONTACT NUMBERS

There are other people you can speak too, try and ask someone you feel safe around if you want to speak to other people who can help you: then in their own little bubbles or whatever down the page have

Childline

0800 1111

Children's Commissioner

0800 528 0731

National Youth Advocacy Service

(NYAS) 0808 808 1001

Your Rights

0800 528 073

Ofsted

0300 123 1231

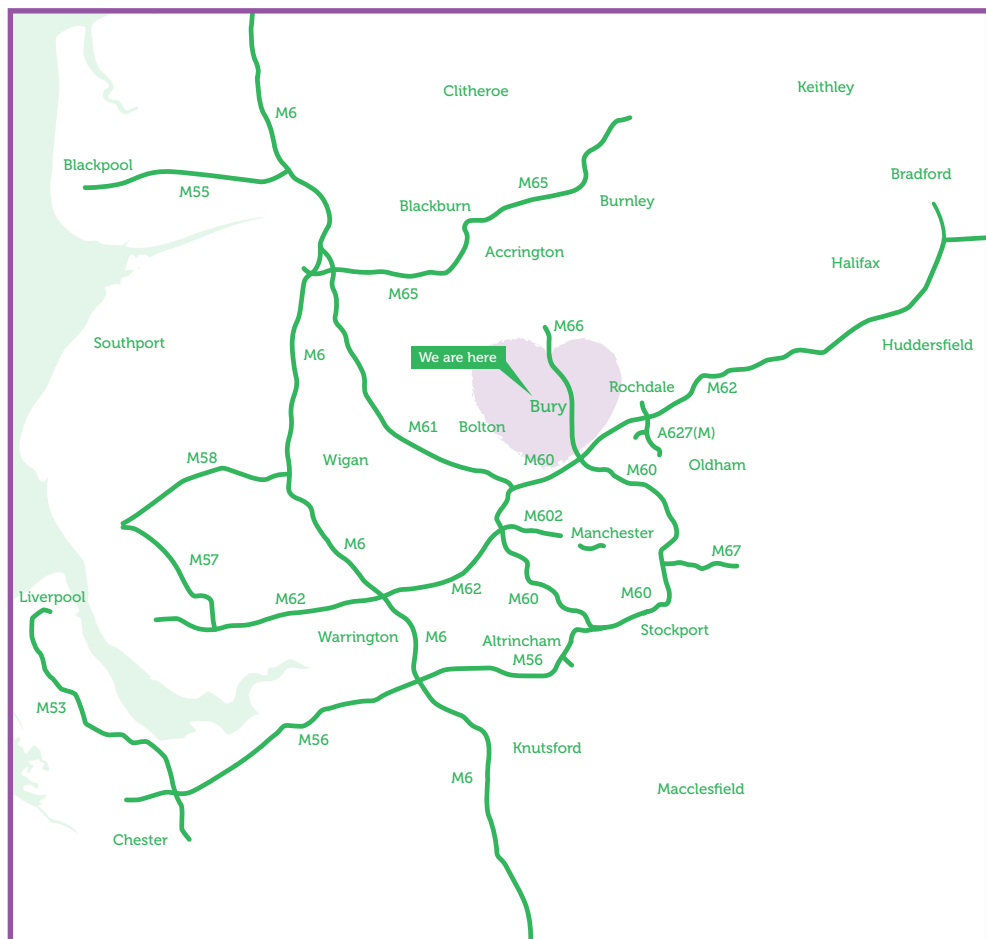
Bullying UK

0808 800 2222

Fostering Changes Life

0330 133 0706





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