



Your Life, Your Care

(ages 8-11)

About this survey

Hello.

This survey gives a voice to young people aged 8-11 who find themselves in care. It contains 33 short questions about:

- Yourself
- Being in care
- Your feelings
- People you know
- Chances you get

How can you help?

You can help us by sparing 10 minutes to answer these 33 questions.

We have written the questions carefully so they should be easy and fast for you to answer. You can either fill in the questions yourself, or you can ask for your trusted adult to fill it in with you.

You don't have to answer any questions you don't want to – just leave them blank if you don't want to answer.

What happens to your answers?

We will not ask for your name. This means that no one will know what answers you give to the questions. We will use the information to improve the care system for young people in care.

Thank you for your help in answering this survey.



About you


Are you a...

- Girl
- Boy
- Prefer not to say

Are you...

- Asian
- Black
- Mixed
- White
- Other (please specify what)  _____

Who do you live with?

- Foster carers
- Family or friends (e.g. grandparents or aunt)
- Residential home
- Somewhere else (please tell us where)  _____

How long have you been in care?

- Less than one year
- 1-2 years
- 3-4 years
- 5 or more years
- I don't know

The home you live in now

Do you feel safe in the home you live in?

- All or most of the time
- Sometimes
- Hardly ever
- Never

Do you feel settled in the home you live in? (Do you feel comfortable, accepted and at ease?)

- All or most of the time
- Sometimes
- Hardly ever
- Never

Do you like your bedroom?

- Yes
- No



Is there a pet that you like where you live?

- Yes
- No
- I don't like pets

Being in care

Has someone explained why you are in care?

- Yes
- Not fully
- No

Do you see your mother...

- Too much
- Just the right amount
- Too little
- I cannot see her

Do you see your father...

- Too much
- Just the right amount
- Too little
- I cannot see him

If you have brothers or sisters, do you see them...

- Too much
- Just the right amount
- Too little
- I cannot see them
- I do not have brothers or sisters

Do you have any thoughts or opinions about how much contact you have with your birth family?



Your rights



Do you know you can ask to speak to your social worker on your own?

- Yes I do know this
- No I do not know this

Do you feel included in the decisions that social workers make about your life?

- All or most of the time
- Sometimes
- Hardly ever
- Never

Your worries

Do you ever worry about your feelings or behaviour?

- All or most of the time
- Sometimes
- Hardly ever
- Never

If you DO ever worry, are you getting help with these worries?

- Yes
- No

Your happiness

How happy did you feel yesterday?



Very sad

Quite sad

OK

Quite happy

Very happy

Is your life getting better?

- Much better
- A bit better
- No change
- A bit worse
- A lot worse

You're over half way through - please keep going!

People you know



Do you have an adult who you trust, who helps you and sticks by you no matter what?

- Yes
- No

Do you have a really good friend?

- Yes
- No

Do you trust your carers?

- All or most of the time
- Sometimes
- Hardly ever
- Never

Do your carers notice how you are feeling?

- All or most of the time
- Sometimes
- Hardly ever
- Never

Do your carers show an interest in what you are doing at school?

- All or most of the time
- Sometimes
- Hardly ever
- Never

Do you know who your social worker is now?

- Yes
- I think so
- No

Do you trust the social worker you have now?

- All or most of the time
- Sometimes
- Hardly ever
- Never

School



How much do you like school?

- A lot
- A bit
- Not very much
- Not at all

Do you ever feel afraid of going to school because of bullying? (For example being hit or called mean names, or nasty stories being spread about you.)

- All or most of the time
- Sometimes
- Hardly ever
- Never

If you feel like you are bullied, do you get support from an adult?

- Yes
- No

How often do you...

... get the chance to help the teacher?

- All or most of the time
- Sometimes
- Hardly ever
- Never

... get to have fun at the weekends?

- All or most of the time
- Sometimes
- Hardly ever
- Never

... explore outdoors (e.g. visiting the beach, woods, fields, or going to the park)

- All or most of the time
- Sometimes
- Hardly ever
- Never

Finally, is there anything else you want to say or tell us about being in care? What would make being in care better for you?





Thank you, and support information

Thank you for helping us collect this important information – your opinions matter. Please remember that this survey is anonymous: we cannot tell who you are or who gives what answers to the questions in the survey.

What you can do if you are upset or worried by the questions in this survey

Some of the questions in this survey may have brought up difficult memories for you. If you have any worries or want help with anything do let someone know. If you want help and support you can speak to your social worker or the person who is helping you complete this survey.

You can also call **Coram Voice** on 0808 8005792 or visit www.coramvoice.org.uk. This is a free and confidential helpline where you can talk to someone between 9.30am and 5.30pm, Monday to Friday.

You can also call **ChildLine** on 0800 1111 or visit www.childline.org.uk. They have a free telephone and online chat service open 24 hours a day, 7 days a week.

You can write these numbers down if you want, just in case you ever want to call in the future.

Thanks again for your help.