Your Life, Your Care

(Secondary +)



About this survey

Hi.

This survey gives a voice to young people like you, who are in secondary education and who find themselves in care.

We'd like to hear about your experiences. We will use the information to improve the care system.

It contains 46 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 questions.

We have written the questions carefully so they should be easy and fast for you to answer.

You don't have to answer any questions you don't want to - just leave them blank and move to the next one.

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. Instead we will group all the answers together to give an overall picture of how young people in your area of the country feel about being in care. Thank you for your help in answering this survey.





About you

	Girl Boy Prefer not to say
Are yo	
	Asian Black
	Mixed
	White
	Other (please specify what) <u></u>
Who d	do you live with?
	Foster carers
	Family or friends (e.g. Grandparents or Aunt) Residential home
	Somewhere else (please tell us where?)
How I	ong have you been in care?
	Less than one year
	1-2 years 3-4 years
	5 or more years
	I don't know
How r	nany placements have you had?
	1 placement
	2-4 placements
	5-7 placements 8-10 placements
	11 or more placements
	I don't know

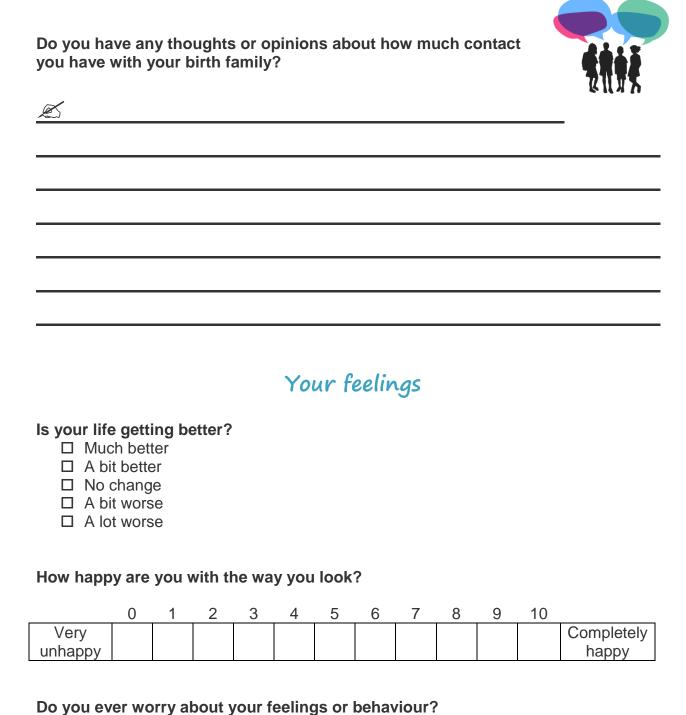
The home you live in now



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 adults do things that make you feel embarrassed about being in care? ☐ Yes ☐ No
If you ticked 'Yes', can you explain what adults do to make you embarrassed?

Your rights

Did 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
Is there anything else you want to say about feeling included?
Contact with your family
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



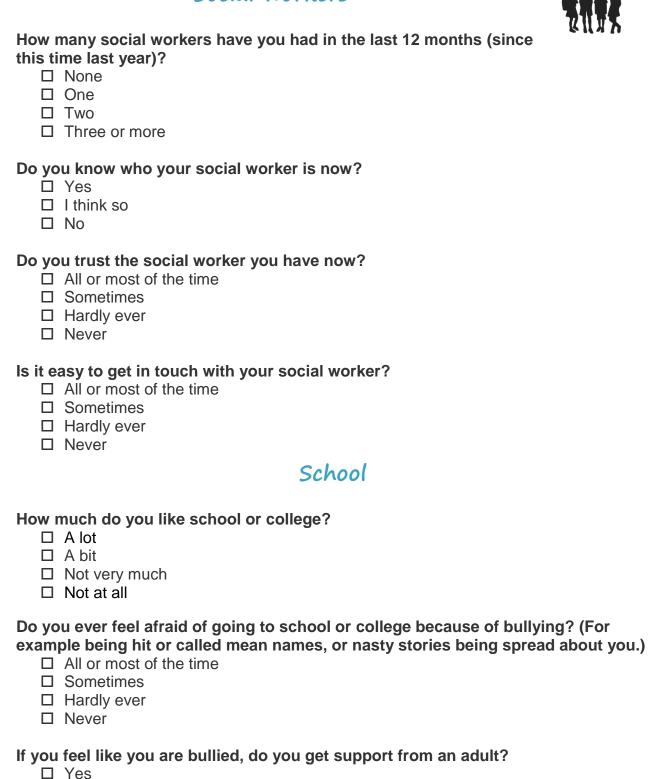
Hardly ever Never
DO ever worry, are you getting help with these worries? Yes No

☐ All or most of the time

People you know

no matter what? \[\subseteq \text{ Yes} \text{No} \]	
Do you have a really good friend? ☐ Yes ☐ No	
How often do you talk to your carers about things that matter to you? ☐ About every day ☐ More than once a week ☐ About every week ☐ About every month ☐ Rarely / never	
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 or college? ☐ All or most of the time ☐ Sometimes ☐ Hardly ever ☐ Never	

Social workers



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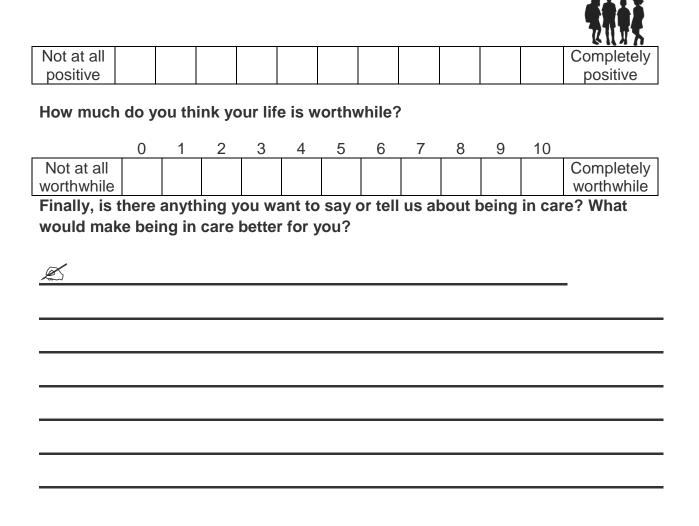
Chances you get



How often do you...

	All or most of the time Sometimes Hardly ever Never
	a second chance if you do something wrong? All or most of the time Sometimes Hardly ever Never
get the ba	to practice life skills like cooking healthy food, washing clothes or going to
	All or most of the time Sometimes Hardly ever Never
Just 1	0 questions left. You've nearly finished!
	Getting out and about
	you are not in school or college, how often do you go online (e.g. via your e, tablet, laptop or desktop computer?)
	Every day Most days About once a week Once a month or less Never
Outs	ide of school or college, do you get the chance to
	All or most of the time Sometimes Hardly ever Never

explore park)? □ All o □ Son □ Hard □ Nev	or mos netime dly ev er	st of thes	ne time	Э					elds (or the		THE TANK
spend time on your own hobbies or activities? ☐ All or most of the time ☐ Sometimes ☐ Hardly ever ☐ Never												
Final sect	ion!											
Your life and happiness												
How satis	fied a	re vo		יייטע נ	· lif≏?							
now satis	0	1	2	3	4	5	6	7	8	9	10	
Not at all satisfied			_		•						. 0	Completely satisfied
How happy did you feel yesterday?												
	0	1	2	3	4	5	6	7	8	9	10	
Very sad												Very happy
What would you change to make being in care better for you?												
How positive are you about your future?												
	0	1	2	3	4	5	6	7	8	9	10	



Thank you, and support information.

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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 thus 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 workers or the person who is helping you complete this survey.

You can also call **Coram Voice** on 0808 8005792 or visit <u>www.coramvoice.org.uk</u>. 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 <u>www.childline.org.uk</u>. 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.