



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

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

How many 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

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



Your feelings

Is your life getting better?

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

How happy are you with the way you look?

	0	1	2	3	4	5	6	7	8	9	10	
Very unhappy												Completely happy

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

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

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

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

Social workers



How many social workers have you had in the last 12 months (since this time last year)?

- None
- One
- Two
- Three or more

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

Is it easy to get in touch with your social worker?

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

School

How much do you like school or college?

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

Do you ever feel afraid of going to school or college 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

Chances you get



How often do you...

... **get the chance to show you can be trusted?**

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

... **get a second chance if you do something wrong?**

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

... **get to practice life skills like cooking healthy food, washing clothes or going to the bank?**

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

Just 10 questions left. You've nearly finished!

Getting out and about

When you are not in school or college, how often do you go online (e.g. via your mobile, tablet, laptop or desktop computer?)

- Every day
- Most days
- About once a week
- Once a month or less
- Never

Outside of school or college, do you get the chance to...

...**do similar things to your friends?**

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



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

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

...spend time on your own hobbies or activities?

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

Final section!

Your life and happiness

How satisfied are you with your life?

	0	1	2	3	4	5	6	7	8	9	10	
Not at all satisfied												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	
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Not at all positive													Completely positive
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How much do you think your life is worthwhile?

	0	1	2	3	4	5	6	7	8	9	10		
Not at all worthwhile													Completely worthwhile

Finally, is there anything 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 this 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 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.