the family place foundation

*presents...*

# HEAR MY VOICE!

A resource pack for home and family settings, created using the voices of adopted and care experienced young people in Powys.

the family place foundation

Principality Building Society Cymdeithas Adeiladu

Community Foundation Wales

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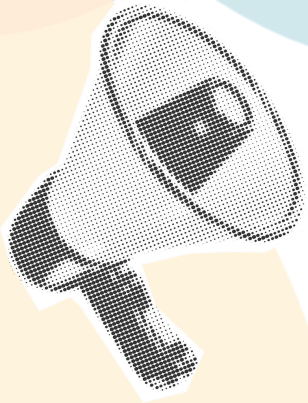
# HOW THE PROJECT CAME TO BE



The '**Hear My Voice**' project began when The Family Place Foundation teamed up with Community Foundation Wales & Principality Building Society to gather the views of young people aged 13-18 living in Powys who are care experienced or adopted.

The feedback we received was so valuable and themes emerged, so we decided to create a free resource pack for home and family settings, to ensure these young people have their voices heard...

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# BE REALISTIC IN YOUR EXPECTATIONS

Things may not be how you imagined they would be

"They'll be thinking...
*'Oh we're going to save a child, it's rainbows and daisies'*
but it's not is it?"

"I MEAN, LET'S BE HONEST WE'RE NOT ALL PERFECT LITTLE ANGELS AT THE START ARE WE?"

**"Having too large expectations could be problematic"**

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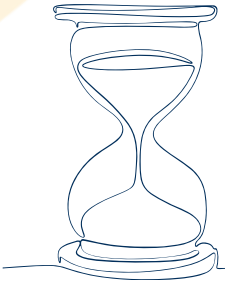
# JUST GIVE ME TIME

The trauma that happened to me doesn't just go away.

**“Don't just assume ‘oh they're fine, they're with me now, all of that’s in the past... It’s not all in the past... It’s in my head”**

“TRY TO UNDERSTAND HOW I AM FEELING, AND WHY I AM DOING WHAT I AM DOING”

“You’re basically settling a bottle of lemonade, now all of a sudden you’re shaking it”



"Just be patient please"

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# IT'S MY STORY TO TELL

The importance of privacy

**"you don't want everyone to know your business"**

"There are some foster carers that if you go to a shop with them, they're like *'oh yeah we foster, we foster, we foster'*.... We don't want everyone to know that we're foster children"

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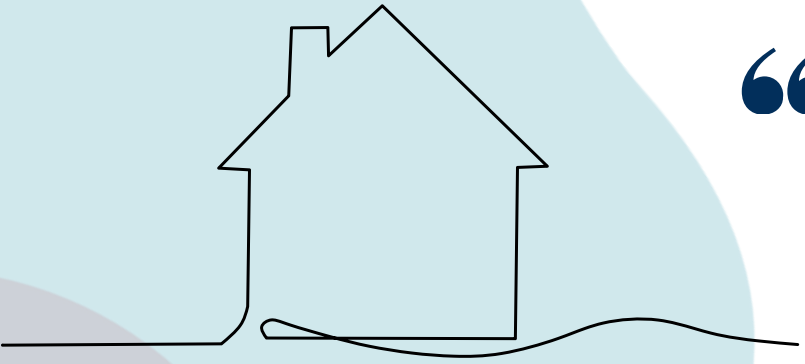
# DON'T TAKE TRUST FOR GRANTED

If the trust isn't there yet;
be alongside



**"Oh wait a minute, I can trust you. You're not gonna kick me out again. You're not gonna get rid of me. You're not gonna do whatever, like the last ones..."**

"If you're having a bad day, you've got to be able to trust them to tell them about it. If you don't really trust them to tell them... you can know that you can just be around them"

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