

**LONDON**

**FOSTERING**

**ACHIEVEMENT**

## **10 things Children Looked After want you to know**

1. We are very conscious of our care status and often prefer it if our peers don't know we receive extra help or support as a result of being looked after, so please treat us discretely.
2. Ask us how you would like us to refer to our foster parent e.g. as aunty or uncle.
3. Understand that we are often adjusting to a new routine in a new home, as well as at school and that this is exhausting and we need support during times of transition.
4. Tell us and our foster carers about opportunities to participate in wider school life.
5. Give us a robust baseline assessment which looks at where we may have gaps (or may excel) in education due to adjusting to the British education system or changing schools. Support us to bridge those gaps, for example through catch-up programmes, homework clubs, 1:1 tuition or online resources.
6. School can be a safe place for us to kick off when things upset us, so please be sensitive to our triggers and don't take it personally.
7. Advise our foster carers on the best way to support us at home to boost our performance at school.
8. Don't knock our confidence – show us our strengths so we can build on them, and recognise our achievements, believe in us and aspire for us.
9. Access to a computer is essential from secondary school, and this can be difficult when we share with other young people at home.
10. We want to be treated as normal young people: we want to make friends and achieve, so our lives are not all about being in care.