

What do young people in care tell us?

Some useful and interesting quotes from young people attending a youth club for young people in care. The young people were aged between 14 and 18.

If you move home and school, what help to make new friends?

Staying at the same school when foster placements change.

I already knew some children from a youth club for Looked After young people, which really helped.

Facebook is a good way of meeting and keeping in touch with friends.

It's really helpful that we are given a free bus pass that we can use at any time.

My Foster Carers are excellent; they talk to me and help me make friends. They give really good advice.

Staying at the same school when foster placements change.

I didn't move that far from where I used to live so I can still get a bus and see my friends whenever I want.

What makes it difficult to make new friends and keep in touch with old friends?

I had some really good friends in my old school but I don't see them anymore.

Some Foster Carers really help and others just don't understand.

I need more help from Social Workers; I only see them once a month or every three weeks.

Social Workers just say 'You'll be fine' or 'don't worry about it'. They need to give more support.

I am scared I won't fit in because of who I am. Sometimes people start a fight with you, even if they don't know you, just because you're new to the school.

It's embarrassing to bring people home to my house because we have chores to do and a curfew.

I have sleepovers at other people's houses but I don't invite them back to mine because it feels awkward.

I moved when I was 9 or 10 and I didn't keep in touch with any friends, I can't even remember them now.