

## What is Family Futures?

The adults at family futures will

**keep you safe**

Will listen to any **worries** or **fears** you may have

Help you **talk** to your parents

Help you feel **good** about yourself

Help you make good choices and have.....**fun**

At family futures we are not social services

We **don't** take children **away** from their parents

or **keep secrets**

If you want to talk to someone ring **Sally on 0207 354 4161**

or send us an e-mail to **contact@familyfutures.co.uk**

or look at our young people's website page **www.familyfutures.co.uk**

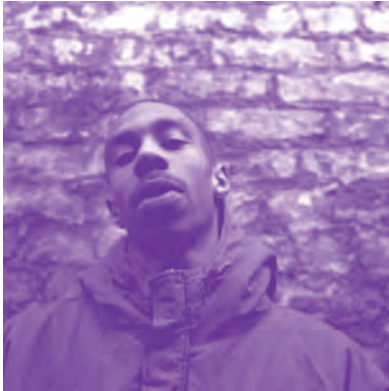
Alternatively you can contact Ofsted. These people register and inspect us and are there to protect you.

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A Guide for  
Young People



If you do not live with the family you were born into that can sometimes make you feel

**sad**, angry, worried or *confused*

Children who have been separated from their birth families often have big feelings and lots of questions

**where** is my birth family now?

Are they **ok**? Can I see them?

Why did I leave them? Was it **my fault**?

Am I really going to stay here **forever**?

What really happened to me when I was younger? Am I **mad**? Am I **stupid**?

What sort of grown-up will I be?

Am I **safe**?

The adults at Family Futures are here to help you and your adoptive parents or foster carers answer some of these questions

**How will we do this?**

By talking to you and finding out what you think and want to say

By talking to your parents and brothers or sisters

By using drawing, painting, stories, music drama and other art forms

By getting information from your files

Sometimes we make contact with your birth families

**Do you want to do this?**

We know that it is not easy and that it is hard to trust people; but we also know that young people, who have had difficult starts in life are survivors. They are strong and deep down what to sort their lives out.

**We will do our best to help you do this.**