

Your Life, Your Care

***A survey of the views of looked
after children and young
people aged 4-17yrs***

North Somerset

February-April 2023

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About the Bright Spots Programme



The Bright Spots Programme is a research project run by Coram Voice funded by the Hadley Trust. The Programme was set up to understand what is important to children in care and care leavers and share learning about what makes life good for them.

Official statistics on care-experienced children and young people give only a partial picture of their lives. Data focuses on adult perspectives using objective outcomes measures – e.g. placement types and educational attainment. This information does not tell us about how children and young people feel: are they happy, safe and feel they are doing well?

The Bright Spots Programme takes a different approach by measuring subjective well-being. Subjective well-being is defined as feeling good and doing well at an individual and interpersonal level. Measuring subjective well-being enables us to understand children's experience of care by putting their voice at the centre.

Bright Spots helps local authorities (LAs) systematically listen to their children in care and care leavers about the things that are important to them. We work to ensure that the views and experiences of children are at the heart of decisions that are made about their lives.

About this research

The Bright Spots Programme was developed in collaboration with Professor Julie Selwyn at the University of Oxford. As part of the development process, we created the *Bright Spots Well-Being Indicators* which put children's experiences and voice at the heart of how we measure subjective well-being.

The indicators are measured by the 'Your Life, Your Care' survey. The survey was developed from literature reviews, roundtable discussions with professionals and from focus groups and individual interviews with 140 looked after children and young people living in nine different local authorities.

The survey identifies the areas where children in care are doing well and where things could be improved, providing an evidence base of children and young people's experience and well-being to inform service improvements.



Measuring subjective well-being

Subjective well-being:

- Subjective well-being in this survey refers to children's own evaluations of how they feel about their lives.
- There are questions in the surveys about affect (e.g. how happy a child feels now), cognitive judgements (e.g. evaluations of relationships) and the inner world (e.g. life having meaning).
- In addition to questions that measure overarching well-being indicators (happiness, life satisfaction etc.) the survey covers four domains that are important to children and young people: Relationships, Resilience, Rights and Recovery.
- All these elements help us understand if children are flourishing in care.

Bright Spots well-being indicators



About this report

- This report outlines the findings from the 'Your Life, Your Care' surveys for children in care in North Somerset aged 4-17yrs.

On some pages of this report, you will see a '**Bright Spots**' icon (top right of page), and a yellow text box. This indicates a 'good news' story – a positive aspect of practice in your LA. This is where children and young people are doing significantly better than children in care in other LAs or report the same as or higher well-being than their peers in the general population.

We also highlight with a grey text box where young people are doing significantly less well compared to children in care in other LAs, or where results are markedly less favourable than in the general population. This may be an area to focus on in service development.

If we have not highlighted a difference the findings are in line with the results in other LAs.

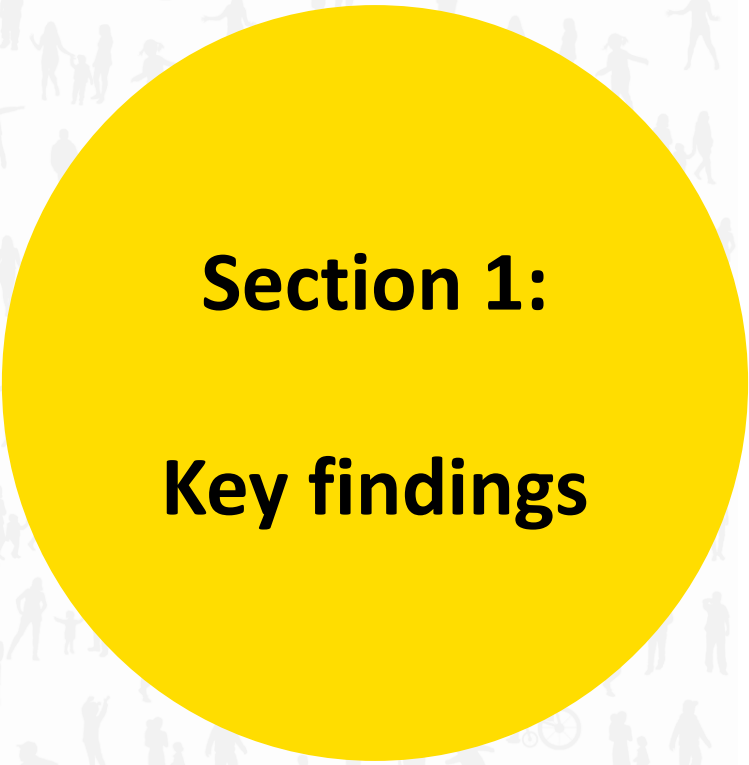
Light yellow text boxes showcase comparative data from similar surveys and give context and background information about what children and young people told us about their lives in the development phase of the survey.

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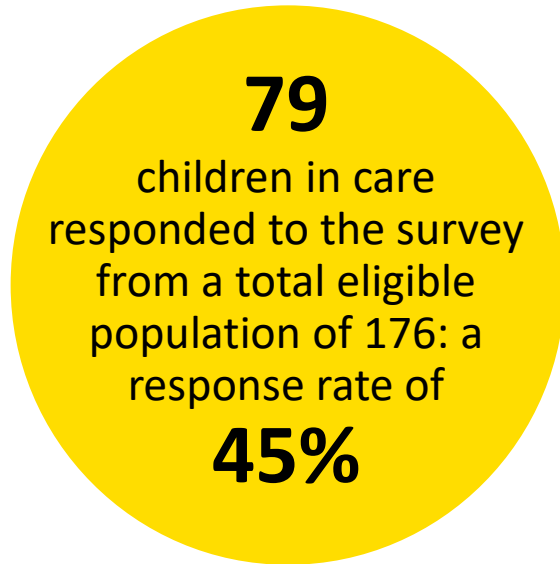
**Section 1:
Key findings**

Your Life, Your Care 2022-23

The views of children in care aged 4-17 in North Somerset on their well-being

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Between February and April all children in care aged 4-17yrs were asked to take part in an online survey to find out how they felt about their lives. This is a summary of the findings.

- 50% of the surveys were completed by boys, 47% by girls; two children and young people (3%) gave other responses and one preferred not to disclose their gender.
- 8% of responding children were from Asian, Black, Mixed and Other ethnicities – below the proportion (17%) in care in North Somerset.
- Most (67%) children and young people were in foster care, 17% were in the care of family or friends, 4% in residential care, 4% were living with parents and 9% in other types of care*.

***does not add to 100% due to rounding**

Age group	Number of responses	Response rate
4-7yrs	14	67%
8-11yrs	24	71%
11-17yrs	41	34%

What is working well?

Placements and carers



- All the youngest children (4-7yrs) **felt safe and settled** where they lived.



- All children aged 4-11yrs **trusted the adults they lived with**. All of them thought their carers **noticed how they were feeling**.



- 96% of children and young people (8-17yrs) felt that their carers **showed an interest in their education**. This compares to 88% in the general population.



- All children aged 4-11yrs **liked their bedrooms**.



- Children and young people (8-17yrs) were significantly more likely to **live in a household with a pet** vs. their peers in other local authorities.

I feel happy and safe living here.
4-7yrs

I like being in care with my carers.
11-17yrs

Family time



- 44% of young people (11-17yrs) felt they **saw their Dad the right amount** – significantly more than in other local authorities (26%).

I like seeing my younger brother and sister when we see Dad.
8-11yrs

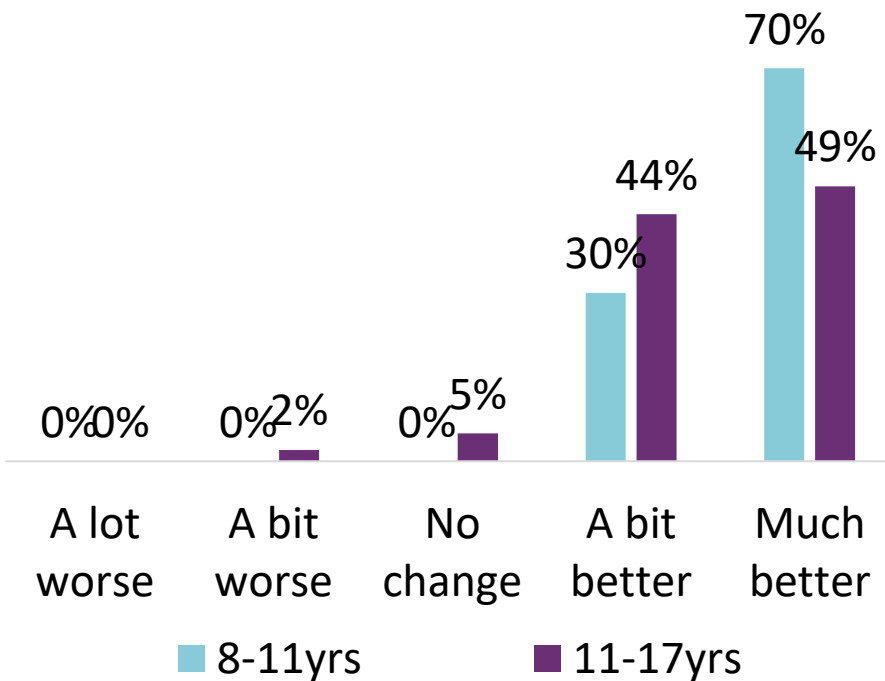
Social workers



- All of the youngest children (4-7yrs) who knew who their social worker was, trusted them.

What is working well? (2)

Is your life improving?



Well-being

- The majority (95%) of children and young people **felt that their lives were getting better** (including 100% of 8-11yrs). This was a significantly higher proportion than in other local authorities (85%).

I love being in foster care with my foster parent and my brother. I love having a foster family that loves me and my brother.
11-17yrs



Well-being of 11-17yrs

- Every young person (11-17yrs) **had an adult they trusted** in their lives.
- 85% of young people (11-17yrs) **talked regularly with their carers about things that mattered to them** (vs. 66% in other local authorities).
- All young people (11-17yrs) reported that they **had spent time outdoors in nature** at least once in the last week.



What could be improved?

KEY FINDINGS

Social worker continuity



- 16 (40%) of 11-17yrs reported that they had had three or more social workers in the last year – compared with 29% in other local authorities, although this difference was not statistically significant.
- 71% of children (8-11yrs) knew they could speak to their social worker on their own vs. 85% in other LAs – but the difference was not significant.



I think I have had too many social workers (13)!
11-17yrs

Sometimes I don't get told if I have a new social worker, kids should be told when they have a new social worker.
11-17yrs

I feel sad about being in care but I feel happy because my new carer loves me and looks after me. I want to know why I've been put into care.

8-11yrs

Please tell me the truth about my family and let me have a better life.

11-17yrs

Understanding why they are in care



- A smaller proportion of children (4-11yrs) understood why they were in care compared to other local authorities, although the difference was not statistically significant. The figures had also declined since the last (2020-21) Bright Spots survey in North Somerset.

What could be improved? (2)

I would like to see my mum every month instead of every two months.
8-11yrs

This [is] going to happen but I want it to be quicker. I want Nan to be [in] charge but it's taking a long time.
8-11yrs

Good friends



- There were more children and young people (9%) in North Somerset without one really good friend than in the general population (3%).

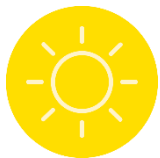
	North Somerset 22/23	Other local authorities	North Somerset 20/21
<u>8-11yrs declines</u>			
Liking school 'a lot' / 'a bit'	71%*	87%	93%
Seeing Mum the right amount	33%	47%	50%
Spending time outdoors at least once this week	79%	n/a	100%
Having a say in decisions social workers make	79%	85%	92%

*Difference vs other local authorities was statistically significant.



- Some figures declined for the 8-11yrs age group in particular, compared with the previous (2020-21) survey in North Somerset.

Well-being



- The majority (87%) of children and young people had moderate to high well-being – including all children aged 4-7yrs.



- Ten were scored as having low well-being – three (13%) children aged 8-11yrs, and seven (17%) young people aged 11-17yrs.



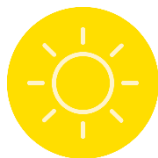
Young people with low well-being

As the number of young people with low well-being was so low, it was not possible to analyse any statistical patterns relating to their low well-being. However, we note some of their other responses below and on slides 75-78.

Of those reporting lower well-being:

- Most reported not seeing family members enough
- Most reported not liking school/ college
- Several reported not having a say in decisions social workers make about their lives
- Several reported not liking their appearance
- A few reported not feeling settled (or safe) where they lived
- A few reported not trusting the adults they lived with, or not having an adult they trusted
- A few noted they didn't have the chance to do similar things to their friends
- A few were afraid of going to school due to bullying
- A couple reported not having a really good friend
- A couple wanted to know more about why they were in care

North Somerset changes over time (comparing 2020-21 with 2022-23)



Three Bright Spots that were awarded in the 2020-21 survey were awarded again this year. However, 11 new Bright Spots have been awarded. They are:

Contact with Dad (11-17yrs)

Trusting the adults they live with (8-11yrs)

Having a trusted adult (11-17yrs)

Access to the internet (11-17yrs)

Liking bedrooms (8-11yrs)

Sharing confidences with carers (11-17yrs)

Pets in the home

Life is getting better

Access to nature (11-17yrs)

Feeling settled in placements (4-7yrs)

Carers notice how you're feeling (8-11yrs)

The 2022-23 survey also showed a number of improvements since 2020-21, including:

Pets in the home (11-17yrs) +39%

Getting help with worries (11-17yrs) +32%

Life is getting better (11-17yrs) +24%

Sharing confidences with carers (11-17yrs) +35%

High life satisfaction (11-17yrs) +26%

Getting help with worries (8-11yrs) +22%

However, compared with the 2020-21 survey, there were decreases, including:

Liking school (8-11yrs) -22%

Knowing their social worker (4-7yrs) -18%

Have a good friend (4-7yrs) -14%

Access to nature (8-11yrs) -21%

Contact with mum (8-11yrs) -17%

Reason for care fully explained (4-7yrs) -14%

Section 2:
Methodology

Methodology

- Three online surveys were used to capture looked after children and young people's views on their own well-being. The three versions were for:
 - a) children aged 4-7yrs (19 questions);
 - b) children aged 8-11yrs in primary school (35 questions); and
 - c) young people of secondary school age 11-17yrs (50 questions).
- There was a common set of 16 core questions.
- Paper surveys were also available and used in cases where no Internet was available, or when the young person preferred this method.
- In North Somerset at the time of the survey 176 children and young people aged 4-17yrs were looked after and able to complete the survey.
- Children and young people completed the survey anonymously: individual identifiers such as name, school etc. were not collected in order to allow responses without fear of consequences.
- If children recorded names or any identifying information on the survey these were removed by the researchers.

Methodology (2)

- Children and young people were asked to complete the online survey in February to April 2023, generally with a trusted adult present.
- Trusted adults presented the survey to children and young people, told them what it was about and gave them the support they needed to complete the survey.
- A range of colleagues from across the service were asked to act as trusted adults when meeting with children, including Engagement and Participation workers, the Virtual School team and independent Safeguarding Reviewing officers.
- Trusted adults were given guidance on how to support children and young people with the survey, including avoiding drawing attention to a child's care status by e.g. pulling them out of class as children had told us they found this embarrassing and upsetting.
- Team managers were asked to include the survey on regular team meeting agendas to report on and promote completion.
- Social care staff, including foster carers and social workers, were asked to encourage children and young people to complete the survey. However, foster carers and social workers did not support children and young people directly as there are questions about them in the survey

Analysis

- Where possible, local authority (LA) data are compared to data on children and young people in the general population, and to the average responses from 65 local authorities who participated in Your Life, Your Care survey in 2015-20.
- Data were weighted and tests run for significant difference between LAs. If something is statistically significant it means that it is unlikely to have occurred by chance.
- North Somerset previously ran the survey in 2021 so we have also highlighted how this year's findings compared to 2021.

Section 3:

Survey results

3.1 Demographics

- + Sample size and response rate
- + Age and sex
- + Ethnicity
- + Placements
- + Number of years in care

Sample size and response rate

Whilst Bright Spots surveys achieve good engagement compared to other national surveys (for example, *The State of Nation: Children in Care 2015 survey*, had a response rate of 3%), findings are from a proportion of your children/ young people so it is important to offer other ways to listen and respond to their views.

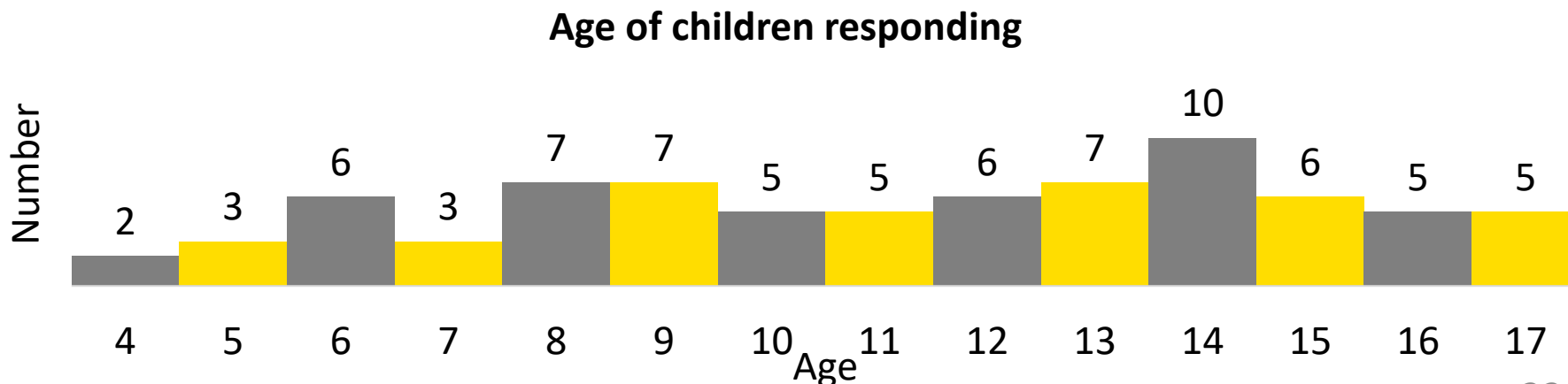
- 79 children and young people responded to the surveys from an eligible looked after population of 176.
- The overall response rate was 45%.

Age range	Care population <i>n</i>	Responses <i>n</i>	Response rate %
4-7yrs	21	14	67%
8-11yrs	34	24	71%
11-17yrs	121	41	34%

Age and sex

- In North Somerset 53% of looked after children/ young people were boys (DfE, 2022). This compares with 49% in our sample. Boys and girls appear proportionately represented in the survey.
- Young people (8-17yrs) who ticked 'let me tell you' also wrote: 'she/he/they' and 'gay'.

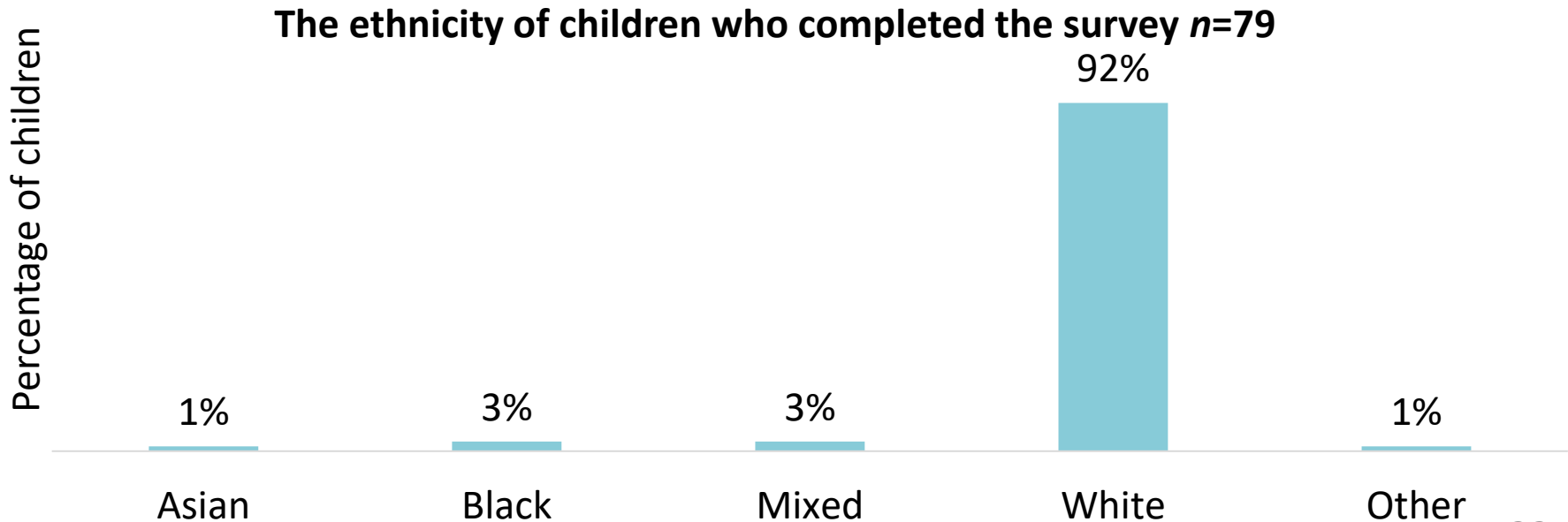
Age group	Girls <i>n</i> (%)	Boys <i>n</i> (%)	Let me tell you <i>n</i> (%)
4-7yrs	6 (43%)	8 (57%)	-----
8-11yrs*	11 (48%)	11 (48%)	1 (4%)
11-17yrs	20 (49%)	20 (49%)	1 (2%)
TOTAL	37 (47%)	39 (50%)	2 (3%)



*One child didn't want to answer this question.

Ethnicity

- Children of Asian, Black, Mixed and Other ethnicities appear underrepresented in the survey. In North Somerset’s official DfE statistics, these ethnic groups represented 17% of their care population (DfE, 2022). In our sample, 8% of responses came from these groups.
- The majority (92%) of children and young people who completed the survey were White.



Placement type

Responses were broadly in line with the pattern in the local authority where 73% were in foster care placements (DfE, 2022).

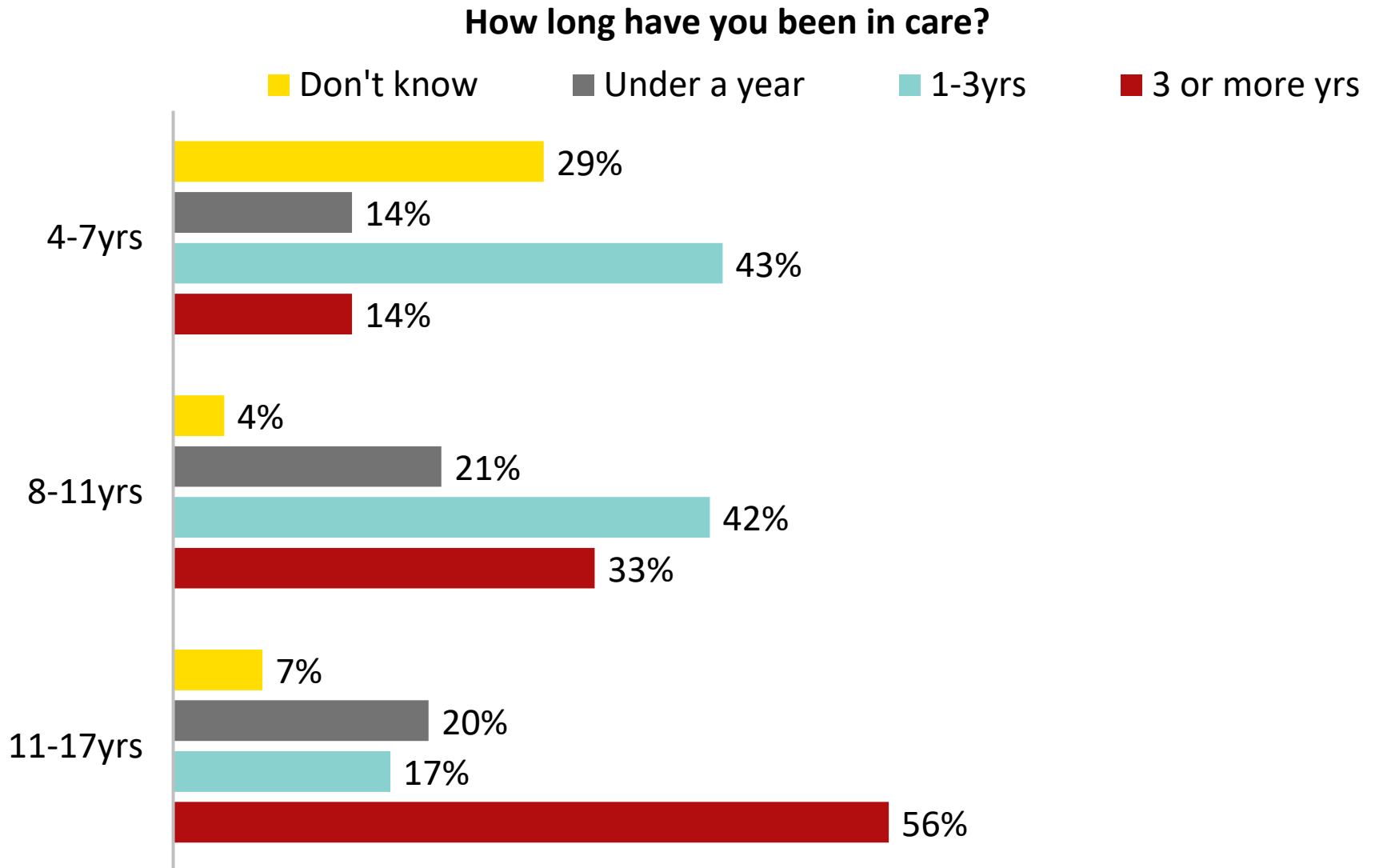
- The majority (67%) of children and young people were living in foster care.

Age group	Foster care <i>n</i> (%)	Family or friends care <i>n</i> (%)	Residential care <i>n</i> (%)	With parents <i>n</i> (%)	Somewhere else <i>n</i> (%)	Don't want to say <i>n</i> (%)
4-7yrs*	10 (77%)	1 (8%)	0 (0%)	0 (0%)	2 (15%)	0 (0%)
8-11yrs	16 (67%)	4 (17%)	2 (8%)	1 (4%)	1 (4%)	0 (0%)
11-17yrs	26 (63%)	8 (20%)	1 (2%)	2 (5%)	4 (10%)	0 (0%)
TOTAL[†]	52 (67%)	13 (17%)	3 (4%)	3 (4%)	7 (9%)	0 (0%)

*missing: *n*=1; †does not add to 100% due to rounding

Number of years in care

- The largest proportion of children and young people (42%) had been in care for three or more years.



3.2 Relationships

+ Family time

+ Good friends

+ Pets

+ Adults you live with: Continuity (11-17yrs)

+ Adults you live with: Trust

+ Social worker: Continuity (11-17yrs)

+ Social worker: Trust

Family time






The youngest children (4-7yrs) were not asked about family time, in case they found the questions upsetting.

Children and young people (8-17yrs) were asked if they *saw their Mum/ Dad/ brothers and sisters... 'too much', 'just the right amount', 'too little'*.

They were also given the answer options: *'I do not see her/ him/ them', 'Mum/ Dad has died', and 'I do not have brothers or sisters'*.

- Four (17%) children (8-11yrs) and nine (23%) young people (11-17yrs) had no face to face contact with either parent.
- Eight (33%) children (8-11yrs) felt they saw their Mum the right amount – this was lower than other local authorities (47%) but the difference was not statistically significant.
- 47% of young people (11-17yrs) felt they saw their Mum the right amount – more than in other local authorities (39%) but the difference was not statistically significant.
- 44% of young people (11-17yrs) felt they saw their Dad the right amount – significantly more than in other local authorities (26%). **This is a Bright Spot of practice.**

Family time (2)

Family member	Age group	Too much	Just right	Too little	I do not see them
Mum 	8-11yrs n=24	3 (13%)	8 (33%)	7 (29%)	6 (25%)
	11-17yrs n=39*	0 (0%)	16 (47%)	7 (21%)	11 (32%)
Dad 	8-11yrs n=24	1 (5%)	7 (32%)	4 (18%)	10 (45%)
	11-17yrs n=40**	0 (0%)	16 (44%)	5 (14%)	15 (42%)
Siblings 	8-11yrs n=22***	3 (14%)	13 (59%)	4 (18%)	2 (9%)
	11-17yrs n=40**†	3 (8%)	22 (55%)	9 (23%)	6 (15%)

Parent died	Don't have any siblings
0 (0%)	-----
5 (13%)	-----
2 (8%)	-----
4 (10%)	-----
-----	1 (4%)
-----	0 (0%)

missing: *n=2, **n=1, ***n=1; †does not add to 100% due to rounding

Family time: 8-11yrs (comments)

Children and young people were also asked, *Is there anything you want to say about how much you see your family and important people in your life?*

- 17 children wrote down their thoughts and feelings about family time. (Six of these answered 'no'). Example quotes are shown below.

Want to see my brother more.

I see mum a little bit and I am staying at dad's more now which is good.

My mum doesn't always turn up.

Sometimes it would be nice to have some personal time to myself.

I like seeing my younger brother and sister when we see Dad.

The important people in my life are my Nan, sister and brother.

I would like to see mum more but I know I only see her the amount I do to help me.

Sometimes we don't see our Mum much. She messages us and then she doesn't come.

I would like to see my mum every month instead of every two months.

Family time: 11-17yrs (comments)

- 20 young people wrote down their thoughts and feelings about family time. (Seven of these answered 'no'). Example quotes are shown below.

I want to see my mum but my social workers are completely unhelpful.

I speak to mum when I want to, it's my choice of how little or lots.

I would like to see my sister more often.

I do not see my mum or dad but would like to see them! Other than that, no other concerns.

I would like to see them more.

Q17 doesn't cover my situation as some of my siblings are adopted and some live with family so I can't answer this question accurately.

They don't want contact.

I think the situation should be thought about more and contact with the family should not depend on the relationship between parents to foster carers.

I am scheduled to see my mum but she often cancels so I end up feeling disappointed and I don't see my siblings then as a result.

Good friends



Not having friends is associated with loneliness and anxiety. All children and young people were asked, *Do you have a really good friend?*

General population: *The Good Childhood Report (2020)* of young people aged 10-15yrs found that 3% of young people did not have a good friend.

- Most of the children and young people stated that they had at least one good friend but seven (9%) did not.
- There were more children and young people without one really good friend than in the general population.

Age group	Yes, I have a really good friend <i>n</i> (%)	No, I don't have a really good friend <i>n</i> (%)
4-7yrs	12 (86%)	2 (14%)
8-11yrs	22 (92%)	2 (8%)
11-17yrs	38 (93%)	3 (7%)
TOTAL	72 (91%)	7 (9%)

Pets



Pets were important to children in all the focus groups we ran.

Children and young people said that pets are non-judgmental – they love you no matter what and are always pleased to see you. They can also give children an opportunity to take responsibility.

Children and young people aged between 8-17yrs were asked, *Do you have a pet in the home you live in now?*

72% of families in the UK with children aged up to 7yrs owned a pet (Westgarth et al. 2010)

- 22 (92%) of the children (8-11yrs) lived in a household with a pet. In the older (11-17yrs) group, 38 (93%) young people had a pet where they lived. Both these proportions were significantly higher than in other local authorities (72% for 8-11yrs and 61% for 11-17yrs). **This is a Bright Spot of practice.**

Adults you live with: Continuity (11-17yrs)

Placement moves



Young people (11-17yrs) were asked: *How many placements have you had?*

- 18 (45%) young people (11-17yrs) had stayed in one placement since coming into care. This was higher than in other local authorities (34%) but the difference was not significant.

Number of placements	No.	%
1 placement	18	45%
2-4 placements	14	35%
5-7 placements	2	5%
8-10 placements	1	3%
11+	1	3%
Don't know	4	10%

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I've been in the system for long enough.

Adults you live with: Trust

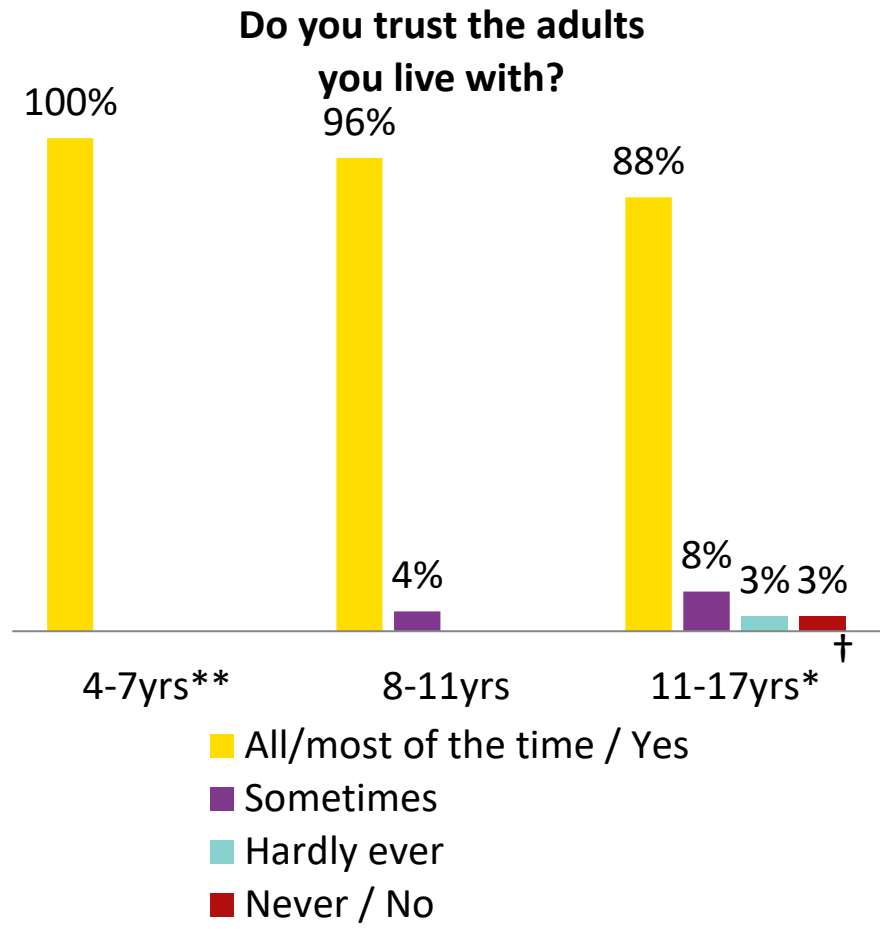
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Children and young people were asked, *Do you trust the adults you live with?*

- 100% of the children aged 4-11yrs and trusted the adults they lived with. **This is a Bright Spot of practice.**
- 95% of young people (11-17yrs) trusted the adults they lived with.

I love being in foster care with my foster parent and my brother. I love having a foster family that loves me and my brother.
11-17yrs



*missing: n=1; †does not add to 100% due to rounding
 ** 4-7 year olds had 'yes' and 'no' as answer options whereas the older age groups could indicate whether they 'all or most of the time', 'sometimes', 'hardly ever' or 'never' trusted the adults they lived with.

Social worker: Continuity (11-17yrs)

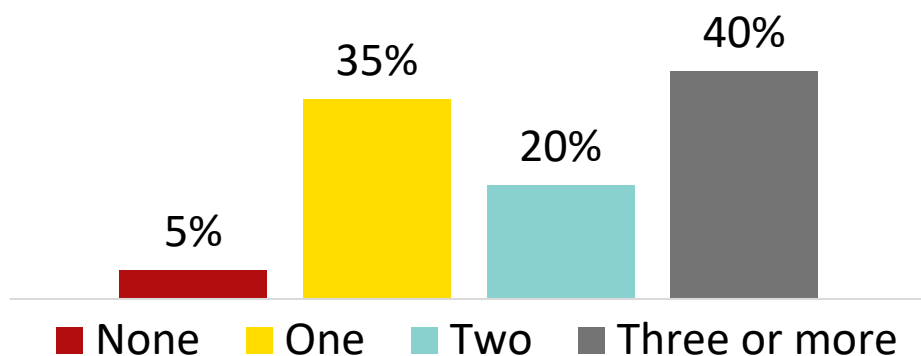
Changes in social workers



11-17 year olds were asked: *How many social workers have you had in the last 12 months (since this time last year)?*

- 16 (40%) answered that they had had three or more social workers in the previous year – this was higher than in other local authorities (29%) but the difference was not statistically significant.

How many social workers have you had in the last 12 months?



I think I have had too many social workers (13)!

Sometimes I don't get told if I have a new social worker, kids should be told when they have a new social worker.

Social worker: Trust

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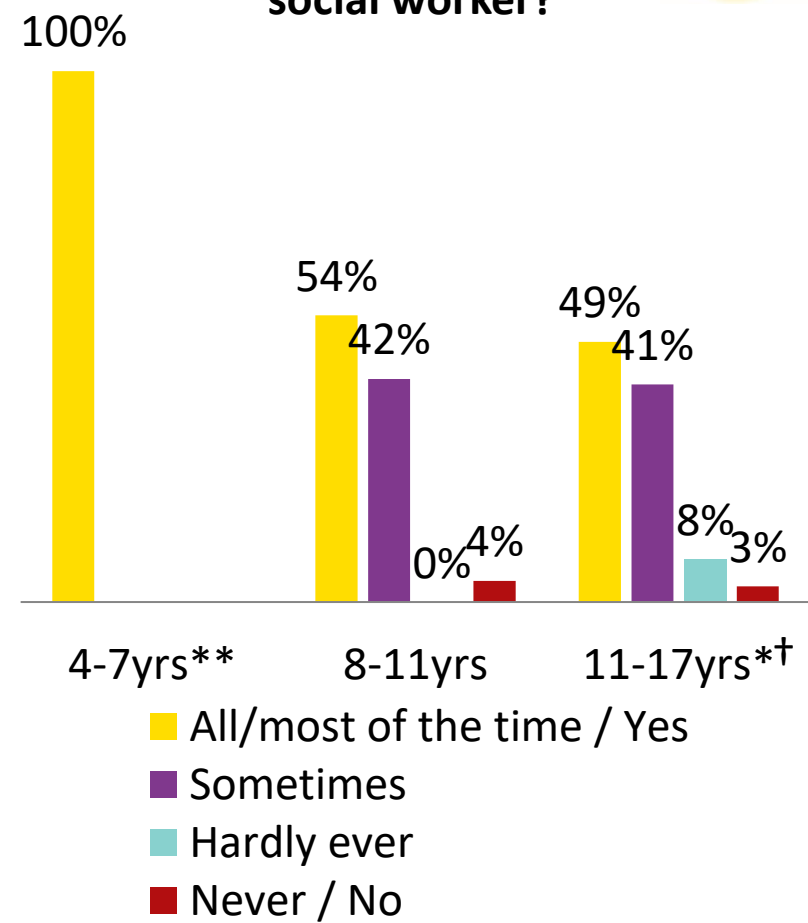


Children & young people ($n=70$) who knew who their social worker was were asked, *Do you trust the social worker you have now?*

- Of those who knew who their social worker was, all 9 (100%) of the youngest children (4-7yrs) trusted their social worker. **This is a Bright Spot of practice.**
- 96% of children aged 8-11yrs and 90% of young people (11-17yrs) trusted their social worker.

Nationally, 94% of 4-7yrs; 95% of 8-11yrs and 87% of 11-17yrs trust their social worker 'all or most of the time' or 'sometimes' (Selwyn et al., 2021).

Do you trust your social worker?











*missing: $n=2$; †does not add to 100% due to rounding
 ** 4-7 year olds had 'yes' and 'no' as answer options whereas the older age groups could indicate whether they 'all or most of the time', 'sometimes', 'hardly ever' or 'never' trusted their social worker.

Changes since last survey

Better than last survey

Similar percentage

Worse than last survey

		4-7yrs		8-11yrs		11-17yrs	
		2020-21	2022-23	2020-21	2022-23	2020-21	2022-23
	Contact with mum just right	-	-	50%	33%	47%	47%
	Contact with dad just right	-	-	29%	32%	26%	44%
	Contact with siblings just right	-	-	69%	59%	41%	55%
	Have a good friend	100%	86%	100%	92%	92%	93%
	Have a pet	-	-	93%	92%	54%	93%
	Trust the adults they live with	100%	100%	93%	100%	98%	95%
	Trust social worker	100%	100%	85%	96%	91%	90%
	1 social worker in last 12 months	-	-	-	-	33%	35%

3.3 Resilience

- + Life is getting better
- + Trusted adult
- + Being trusted & helping out
- + Liking school/ college
- + Adults you live with: Support for learning
- + Having fun & hobbies
- + Access to nature
- + Life skills
- + Internet access where you live

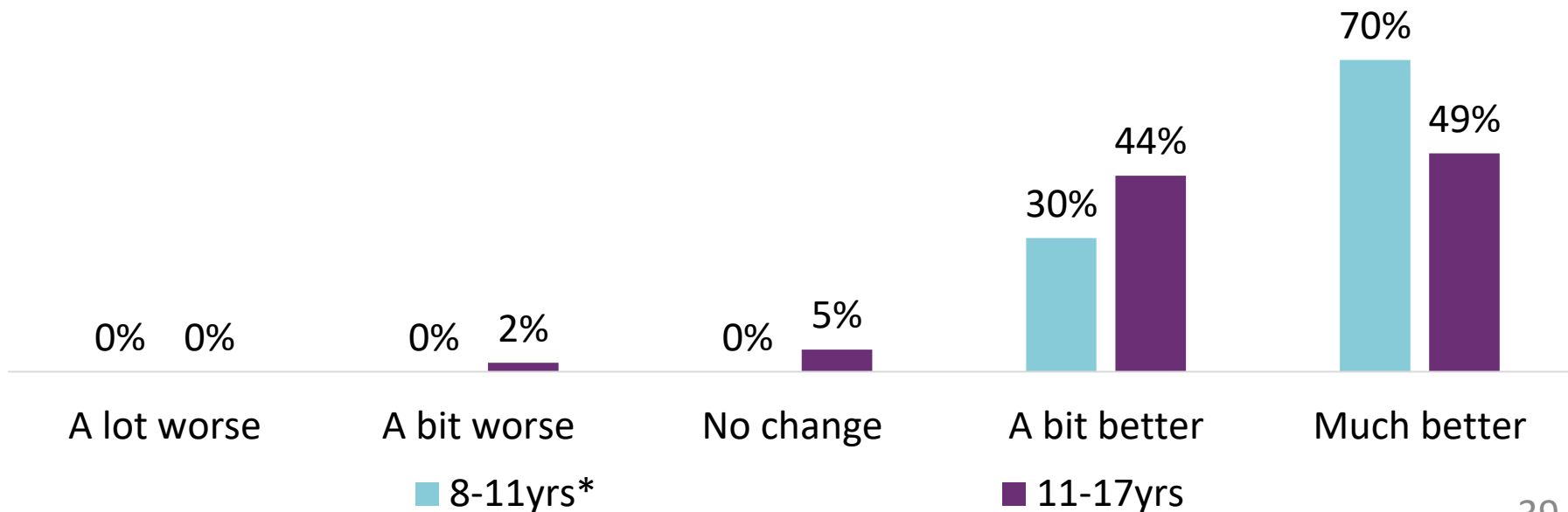


Life is getting better

Children aged 8-17yrs were asked, *Is your life getting better?* and could choose from a five point scale ranging from *'A lot worse'* to *'Much better'*.

- The majority (95%) of children and young people in care in North Somerset felt that their lives were getting better. (100% of those age 8-11yrs). This was a significantly higher proportion than in other local authorities (85%). **This is a Bright Spot of practice.**

Is your life getting better?



missing: *n=1

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Trusted adult

Children and young people aged between 8-17yrs were asked: *Do you have an adult who you trust, who helps you and sticks by you no matter what?*



Having one key adult has been shown to be the turning point in many looked after young people's lives (Gilligan, 2009).

Having a trusted adult has been shown to be the main factor in helping children recover from traumatic events.

- Most children and young people had a trusted adult in their lives:
 - 96% of children (8-11yrs) and
 - 100% of the 11-17yrs young people.
This is a Bright Spot of practice.
- One child (8-11yrs) reported having no such adult in their lives.

Being trusted & helping out

Younger children (8-11yrs) were asked, *How often do you get the chance to help the teacher?* Children had said in the focus groups that they were never trusted to show visitors around school or deliver a message because they were looked after.

- 33% of children (8-11yrs) responded that 'all or most of the time' they were asked to help and 50% answered 'sometimes'.
- 17% responded 'hardly ever' or 'never'.



We asked young people: *How often do you get the chance to show you can be trusted?*

Having trusting relationships and being trusted were key issues raised by the children in the focus groups that underpinned the development of this survey.

- 68% of young people (11-17yrs) thought they were given opportunities 'all or most of the time' to show they could be trusted and 23% given them 'sometimes'.
- 8% responded 'hardly ever' and 3% 'never'.[†]

[†]does not add to 100% due to rounding

Liking school/ college



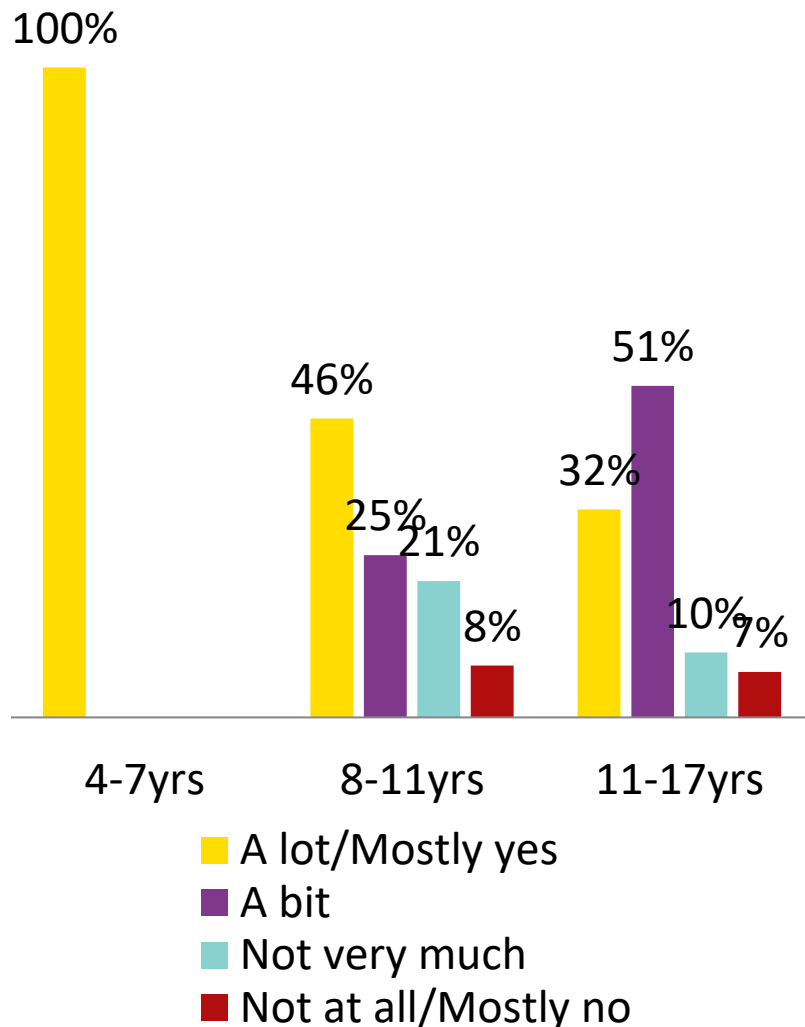
Children and young people aged 8-11yrs were asked, *How much do you like school/ college?* Children aged 4-7yrs were asked, *Do you like school?*

General population: Liking school

The *Health Behaviour of School-Aged Children Survey* (2020) of 3,398 young people (11-15yrs) reported that 70% liked school 'a lot' or 'a bit' and 30% 'not very much' or 'not at all'. Liking school decreased with the child's age and girls were more likely to say they enjoyed school 'a lot' in comparison with boys.

- 100% of the youngest children (4-7yrs) liked school, and 83% of the 11-17yrs group liked school/ college 'a lot' or 'a bit', which is a bigger proportion than in the general population.
- 71% of children aged 8-11yrs liked school 'a lot' or 'a bit'. This was significantly lower than in other local authorities (87%).

Do you like school/ college?



Adults you live with: Support for learning



Children aged 8-17yrs were asked, *Do the adults you live with show an interest in what you are doing at school/ college?*

General population: Support for learning

The Health Behaviour of School-aged Children survey (2020) reported that 88% of children in England said their parents were interested in what happens to them at school.

- 96% of 8-11yrs and 95% of 11-17yrs recorded that the adults they lived with showed an interest in their education 'all or most of the time' or 'sometimes'.
- More children and young people in North Somerset felt that their carers were interested in their education than children in the general population. **This is a Bright Spot of practice.**
- One (2%) young person aged 11-17yrs reported that they were not at school/ college.

Having fun & hobbies

Children aged 4-11yrs were asked, *At the weekends, do you get to have fun?*



The 11-17yrs survey asked young people, *Outside of school or college, do you get the chance to spend time on your own hobbies or activities?*

- The great majority (97%) of children and young people had fun/ took part in hobbies or activities outside of school.
- One child (8-11yrs) reported that they never got to have fun at the weekends.
- Four young people (11-17yrs) reported that they hardly ever/never got the chance to spend time on their own hobbies or activities.

Age group	Yes, I have fun/ take part in activities <i>n (%)</i>	Sometimes I have fun/ take part in activities <i>n (%)</i>	No, I don't have fun or take part in activities <i>n (%)</i>
4-7yrs	14 (100%)	-	0 (0%)
8-11yrs	15 (63%)	8 (33%)	1 (4%)
11-17yrs	25 (64%)	10 (26%)	4 (10%)
TOTAL	54 (70%)	18 (27%)	5 (7%)

Access to nature



Contact with nature can reduce stress and improve mental health (Play England, 2012). Some of the children in our focus groups said safeguarding fears limited their opportunities.

We asked children and young people (8-17yrs), *In the past week, how often have you spent time outdoors (e.g. going to the park, fields, woods or beach)?* Answer options were *'every day'*, *'more than once this week'*, *'once this week'* and *'not at all'*.

General population:

81%-85% of children in England spent time outside in nature at least once per week (The People and Nature Survey for England, 2021).

- 79% of children (8-11yrs) reported that they had spent time outdoors at least once this week. This is a smaller proportion than for their peers in the general population.
- 100% of young people (11-17yrs) reported that they had spent time outdoors at least once this week. **This is a Bright Spot of practice.**

Life skills

We asked the young people in the 11-17yrs group, *How often do you get to practise life skills like cooking healthy food, washing clothes or using money?*



This question was asked as many young people in the focus groups thought that they didn't feel prepared for living independently.

- 95% of young people answered that they were taught independence skills 'all or most of the time' or 'sometimes' (5% reported this was 'hardly ever' or 'never' true). This was a higher proportion than in other local authorities (89%) but the difference was not statistically significant.

Internet access where you live (11-17yrs)



Young people 11-17yrs were asked, *Can you connect to the Internet where you are living now?*

General population: Access to the Internet










- In the UK, 100% of households with children have an Internet connection (ONS, 2020).
- The *Millennium Cohort Study* of children aged 11yrs old found that children who never used the Internet outside school had a high probability of low well-being (The Children's Society, 2014).

- All (100%) young people reported that they had access to the Internet where they lived. **This is a Bright Spot of practice.**

Changes since last survey

Better than last survey
Similar percentage
Worse than last survey

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		4-7yrs		8-11yrs		11-17yrs	
		2020-21	2022-23	2020-21	2022-23	2020-21	2022-23
	Life is getting better	-	-	79%	100%	69%	93%
	Have a trusted adult	-	-	93%	96%	96%	100%
	Asked to help at school/ chance to be trusted	-	-	78%	83%	92%	90%
	Like school	93%	100%	93%	71%	85%	83%
	Adults interested in education	-	-	93%	96%	100%	95%
	Have fun/ do hobbies & activities	100%	100%	93%	96%	85%	90%
	Access to nature	-	-	100%	79%	89%	100%
	Practise life skills	-	-	-	-	89%	95%
	Internet access at home	-	-	-	-	92%	100%

3.4 Rights

- + Having a say in decision-making
- + Stigma of being in care
- + Feeling safe in placement
- + Bullying
- + Knowing identity of social workers
- + Contact with social workers



Having a say in decision-making



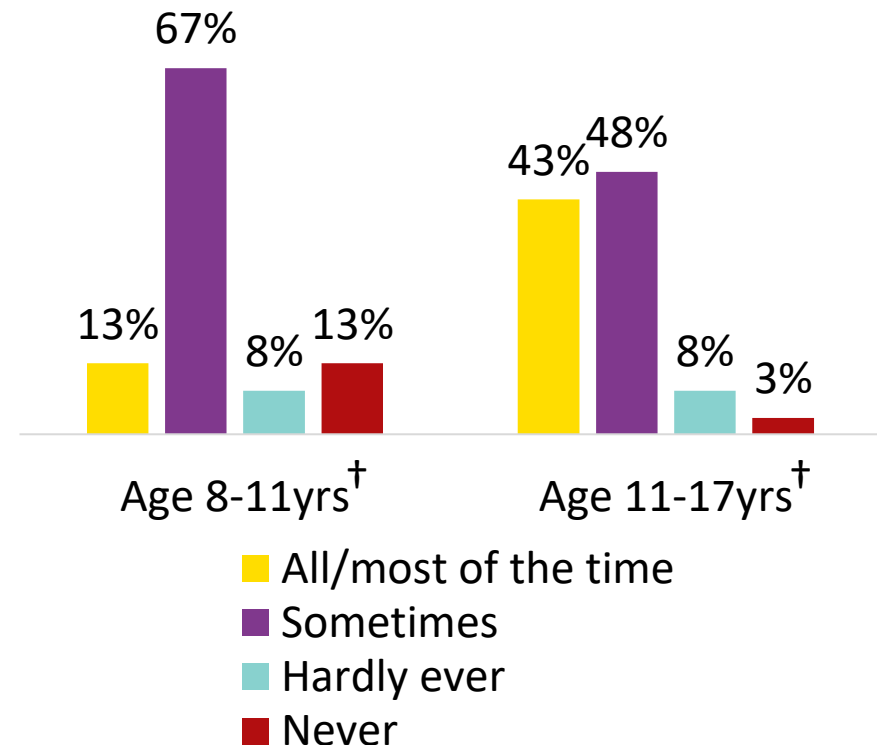
Children aged 8-17yrs were asked, *Do you have a say in the decisions that social workers make about your life?*

- 79% of 8-11yrs 'all or most of the time' or 'sometimes' felt they had a say.
- 90% of 11-17yrs 'all or most of the time' or 'sometimes' felt they had a say.

I think the child's voice should be heard a bit more and the social workers should take into account how mature the child is as if they are mature they can most likely make smart decisions.

11-17yrs

Do you have a say in the decisions that social workers make about your life?



[†]does not add to 100% due to rounding

Stigma of being in care



The 11-17yrs age group were asked a question in the survey about feeling different:

Do adults do things that make you feel embarrassed about being in care?

Younger children were not asked these questions, as the focus groups suggested that being made to feel different was of much greater concern in adolescence.

- Three (7%) young people recorded that adults did things that made them feel embarrassed about being in care.

Wearing their lanyards when I get picked up from school or something. And also telling my mate that my foster carer has to know where u live for me to stay.

Making it so that people think I am different or need to do something different because I'm in care.

[They] assume it's something I have done and that it's my fault and I am not trustworthy.

Feeling safe in placement



All children were asked, *Do you feel safe in the home you live in now?* It is difficult to know what children were thinking about

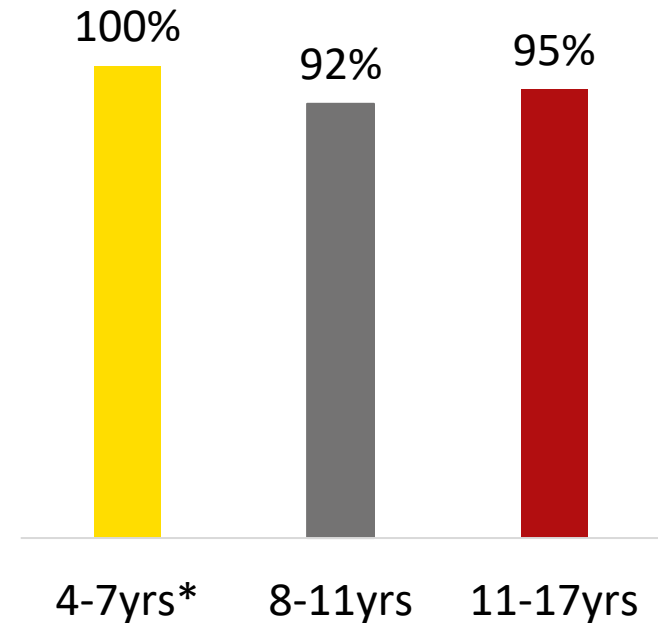
when answering, but feeling secure is about how the world *feels*, not necessarily how it is.

- Overall, 95% of children and young people reported that they 'always' felt safe in their placements.
- All (100%) of the 4-7yrs group answered 'yes, always'. **This is a Bright Spot of practice.**
- Two (8%) of the 8-11yrs group and two (5%) of the 11-17yrs group ticked the 'sometimes', 'hardly ever' or 'never' boxes.

General population:

The Children's Worlds survey found that 82% of children (10-11yrs) in the general population felt 'totally' safe at home (Rees *et al.*, 2020). Not feeling safe is associated with raised cortisol levels and difficulty in learning and concentration (Harvard University, 2012).

I always feel safe in the home I live in



* Percentage of 4-7year olds answering 'Yes, always' (4-7 year olds had 'yes, always' and 'no, not always' as response options whereas the older age groups could indicate whether they 'always', 'sometimes', 'hardly ever' or 'never' felt safe).

Bullying



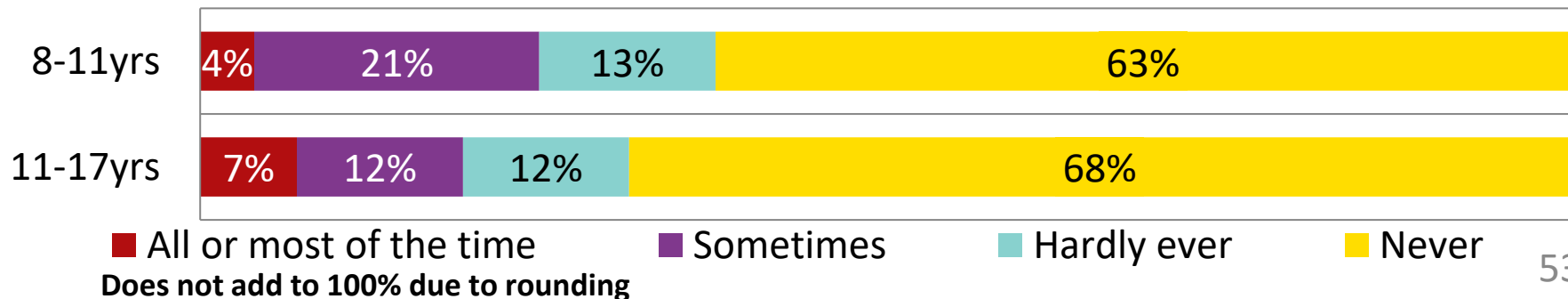
We asked, *Do you ever feel afraid of going to school because of bullying? (For example being hit or called mean names, or nasty stories being spread about you.)* and if yes, *Do you get help from an adult?*

General population: Bullying

- Analysis of the *Children's Worlds* surveys in 22 countries has shown that being free from bullying is one of the most important factors in children's well-being (Rees *et al.*, 2010).
- About a third (36%) of children aged 11-15yrs in England say they have been bullied at school in the past couple of months (HBSC, 2020).

- Six (25%) 8-11yrs reported that they were afraid 'all or most of the time' or 'sometimes'. Four (67%) of these reported that they were getting help from an adult when afraid of bullying.
- 20% of 11-17yrs reported that they were afraid to go to school because of bullying. All (100%) of these reported that they felt they were getting help.

Do you ever feel afraid of going to school or college because of bullying?



Knowing identity of social workers



All the children and young people were asked, *Do you know who your social worker is now?*

- Overall 8% did not know who their social worker was.

Age group	Know who social worker is <i>n</i> (%)	Don't know who social worker is <i>n</i> (%)
4-7yrs*	9 (69%)	4 (31%)
8-11yrs	24 (100%)	0 (0%)
11-17yrs**	37 (95%)	2 (5%)
TOTAL	70 (92%)	6 (8%)

Contact with social workers



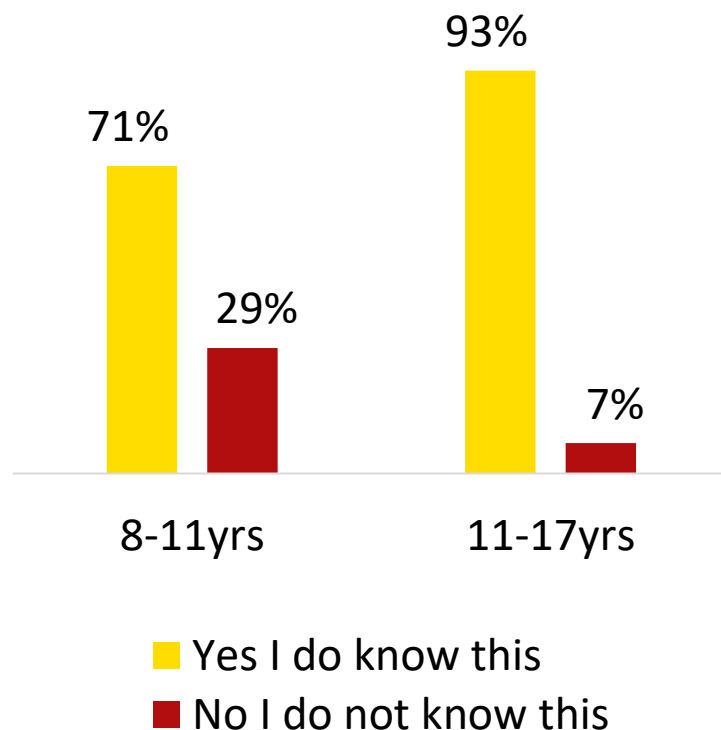
Young people aged 11-17yrs ($n=38$) who knew who their social worker was were asked, *Is it easy to get in touch with your social worker?*



Children and young people (8-17yrs) were also asked, *Do you know that you can ask to speak to your social worker on your own?*

- A high proportion (84%) of young people (11-17yrs) reported that they could get easily get in touch with their social worker 'all or most of the time' or 'sometimes'. However, six (16%) could only 'hardly ever' or 'never' get in touch with their social worker.
- 71% of children (8-11yrs) knew they could ask to speak to their social worker on their own vs. 85% in other local authorities – although the difference was not significant.

Do you know you can ask to speak to your social worker on your own?










Changes since last survey

Better than last survey

No significant change

Worse than last survey

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		4-7yrs		8-11yrs		11-17yrs	
		2020-21	2022-23	2020-21	2022-23	2020-21	2022-23
	Included in decision-making	-	-	92%	79%	89%	90%
	Embarrassed by adults for being in care	-	-	-	-	13%	7%
	Always feel safe where they live	100%	100%	93%	92%	83%	95%
	Afraid to go to school because of bullying	-	-	14%	25%	22%	20%
	Know their social worker	87%	69%	100%	100%	98%	95%
	Easy to contact social worker	-	-	-	-	91%	84%
	Know they can speak to social worker alone	-	-	64%	71%	89%	93%

3.5 Recovery

- + Knowing reason for being in care
- + Feeling settled in placement
- + Liking bedrooms
- + Adults you live with: Sensitive parenting
- + Adults you live with: Sharing confidences (11-17yrs)
- + Help with worries
- + Parity with peers (11-17yrs)
- + Happiness with appearance (11-17yrs)

Knowing reason for being in care

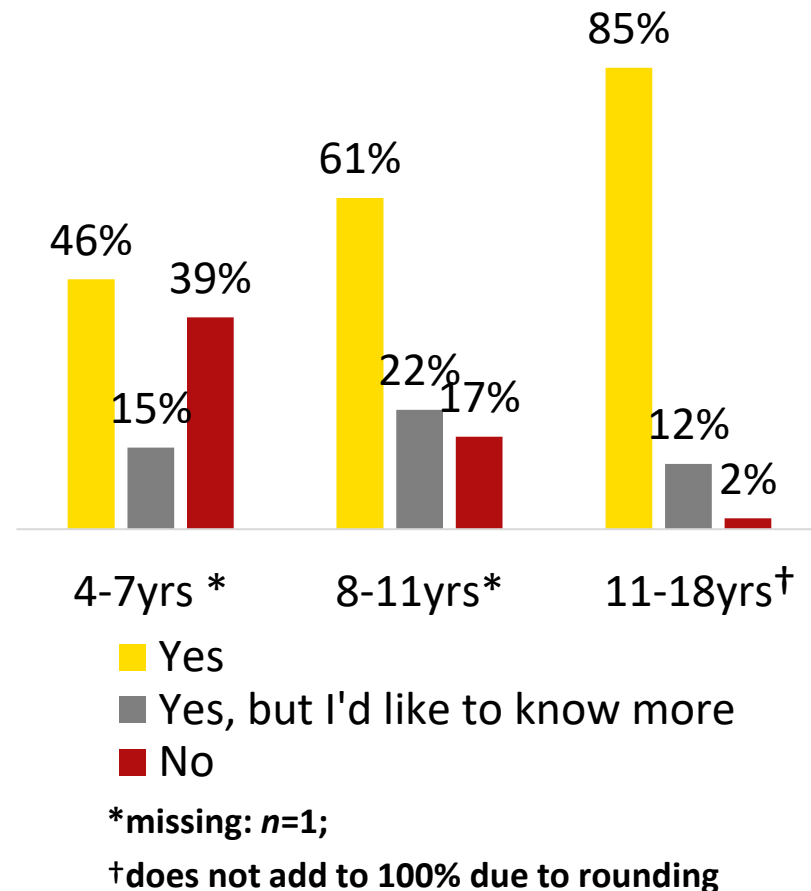
Having a coherent account of one's history and understanding the reasons that led to becoming looked after are important in the development of an integrated identity and in recovery from abuse and neglect (Adshead, 2012; Adler, 2012).



All the children and young people were asked, *Has an adult explained why you are in care?*

- A smaller proportion of the youngest children (46%) aged 4-7yrs and children (61%) aged 8-11yrs understood why they were in care compared to children looked after in other local authorities (52% and 65% respectively). However, these differences were not statistically significant.

Has an adult explained why you are in care?



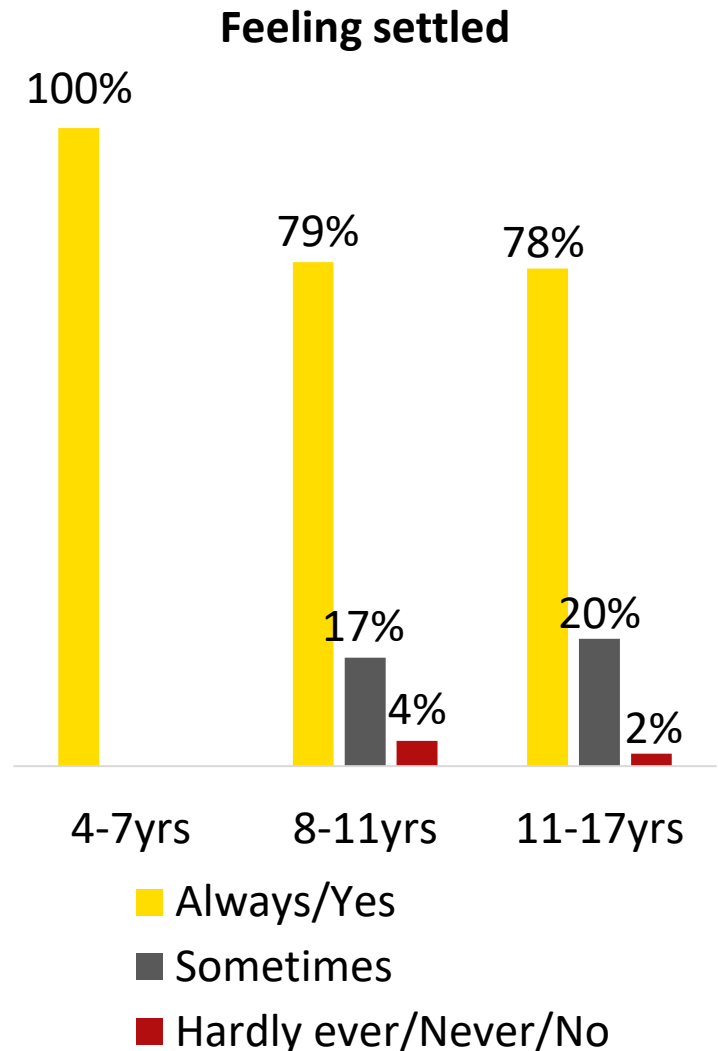
Feeling settled in placement



We wanted to know if children felt a sense of belonging and felt at ease in their placements. Based on advice from our focus groups, children and young people were asked:

Do you feel settled in the home you live in now? (Do you feel comfortable, accepted and at ease?) The youngest children (4-7yrs) could answer 'yes' or 'no'. Children and young people (8-17yrs) could answer: 'always', 'sometimes', 'hardly ever', or 'never'.

- 100% of the youngest children aged 4-7yrs felt settled where they lived compared to 95% of children looked after in other local authorities. **This is a Bright Spot of practice.**
- 79% of children (8-11yrs) and 78% of young people (11-17yrs) 'always' felt settled in the home they were living in.



Liking bedrooms

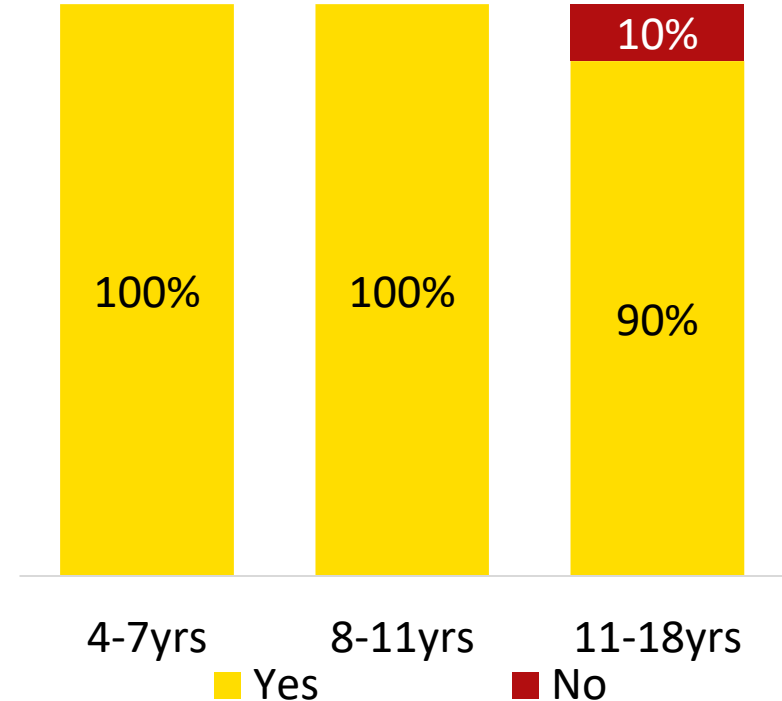


Liking your bedroom was an important feature for the focus groups we ran.

Young people reflected that their bedrooms were a place for being on your own in busy homes. It is linked to safety, sense of identity and feeling a sense of belonging.

- The great majority (95%) of children and young people (4-17yrs) liked their bedrooms.
- 100% of children aged 4-11yrs liked their bedrooms. **This is a Bright Spot of practice.**

Do you like your bedroom?



Adults you live with: Sensitive parenting



All children were asked, *Do the adults you live with notice how you are feeling?*

- 100% of children (4-11yrs) thought their carers noticed how they were feeling 'all or most of the time' or 'sometimes'. **This is a Bright Spot of practice.**
- 95% of young people (11-17yrs*) thought the adults they lived with noticed how they were feeling 'all or most of the time' or 'sometimes'
*missing: n=1

I am happy with my foster family as I am an only child in that household, but if I was back with my family they have 4 other children to share me with.

11-17yrs

In foster care I used to get called names and felt upset and worried all the time. When the social worker came round the carers would be really nice to me.

8-11yrs

Adults you live with: Sharing confidences (11-17yrs)

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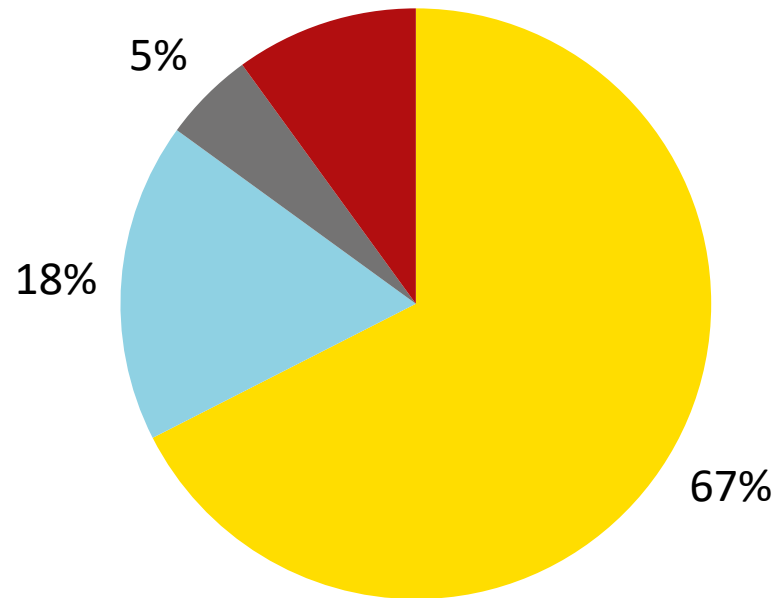
Young people (11-17yrs) were asked, *How often do you talk to the adults you live with about things that matter to you?*

General population

The *Understanding Society* survey (2017) found that 66% of children (10-15yrs) talked regularly to a parent.

- 85% of young people talked regularly with their carers/parents about things that mattered to them – more than their peers in the general population and significantly more than in other local authorities (66%).
This is a Bright Spot of practice.

Speaking to adults about things that matter to you



- Most days
- More than once a week
- Less than once a week
- Hardly ever

missing: n=1

Support with worries



Children and young people (8-11yrs and 11-17yrs) were asked,

Do you ever worry about your feelings or behaviour?

and, if they did worry, *Are you getting help from an adult?*



General population & other comparative data: Mental health

- In England, 39% of looked after children aged 5-16yrs have concerning SDQ scores (DfE, 2019).
- Studies of looked after populations show that children's level of difficulties are much higher, ranging from about 45% of children in foster care to 75% of those in residential (Ford *et al.*, 2007).
- In the general population, 13.5% of children have SDQ scores that suggest they have a clinical level of mental health difficulties (ONS, 2016b).

- No children (8-11yrs) worried 'all or most of the time' about their feelings and behaviour - 58% did 'sometimes'.
- 93% of children who reported worrying thought they were getting help from an adult to cope with their worries.
- 10% young people (11-17yrs) worried 'all or most of the time' and 56% 'sometimes'.
- 96% of young people (11-17yrs) who reported worrying thought they were getting help. This is significantly more than in other local authorities (76%).

Parity with peers (11-17yrs)



Young people (11-17yrs) were asked, *Outside of school or college, do you get the chance to do similar things to your friends?*

- 80% of young people reported that 'all or most of the time' or 'sometimes' they did similar things to their friends.
- Eight (20%) young people reported that they could 'hardly ever' or 'never' do similar things to their friends.

I need my own room badly.

I would like to get my ears pierced again.

I would change the trust, I don't have much trust and I want trust.

Happiness with appearance (11-17yrs)



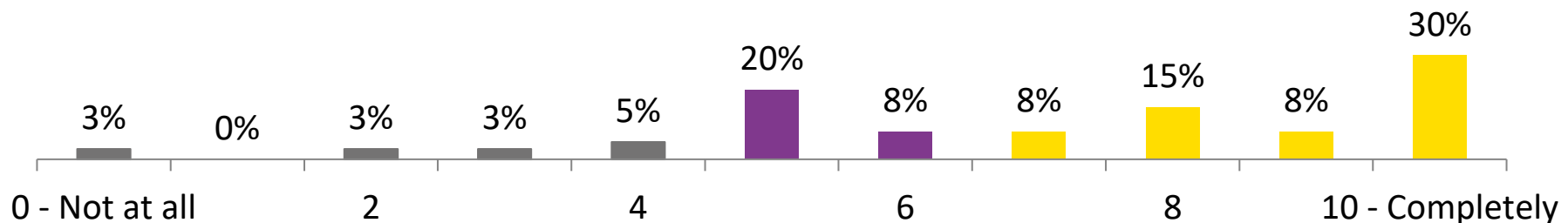
Studies have shown that poor body image is associated with low self-esteem, depression and self-harm (Cash and Smolek, 2011).

General population:

14% of 10-17 year olds in the general population are unhappy with their appearance. Girls are more likely to have a lower opinion of their appearance than boys (Good Childhood Report, 2020).

- The majority (88%) of young people were happy with how they looked.
- However, five (13%) young people were unhappy with how they looked.

How happy are you with the way you look?











Does not add to 100% due to rounding

Changes since last survey

Better than last survey
 Similar percentage
 Worse than last survey

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		4-7yrs		8-11yrs		11-17yrs	
		2020-21	2022-23	2020-21	2022-23	2020-21	2022-23
	Reason for care fully explained	60%	46%	71%	61%	77%	85%
	Feel settled where they live	93%	100%	79%	79%	63%	78%
	Like their bedrooms	100%	100%	93%	100%	90%	90%
	Adults they live with notice feelings	100%	100%	93%	100%	98%	95%
	Talk to adults about things that matter	-	-	-	-	50%	85%
	Worry about feelings/behaviour	-	-	54%	58%	63%	66%
	Help with worries	-	-	71%	93%	64%	96%
	Same opportunities as friends	-	-	-	-	74%	80%
	High/very high happiness with appearance	-	-	-	-	50%	60%

3.6 Well-being

- + Happiness yesterday – affect
- + Life satisfaction – overall evaluation (11-17yrs)
- + Are the things you do worthwhile? – psychological/ eudaemonic well-being (11-17yrs)
- + Feeling positive about your future (11-17yrs)
- + Well-being scales – very high scores
- + Well-being scales – low scores
- + Gender differences: 11-17yrs
- + Low well-being

Happiness yesterday



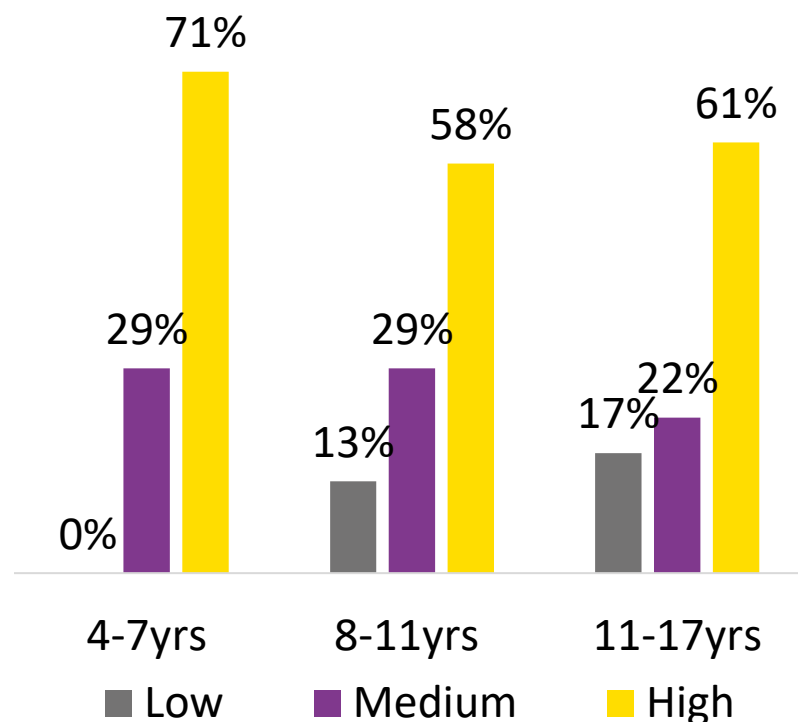
A decrease in happiness with age occurs in all surveys. Well-being decreases from school year 5 onwards with age 14-15yrs being the lowest point. It then starts to rise again (Rees *et al.*, 2010).

Children (4-7yrs & 8-11yrs) were asked to rate *how happy they were yesterday* on a five-point scale, from 'very unhappy' to 'very happy'.

Young people (11-17yrs) selected a point on a 0-10 scale with 0 being '*not at all happy*' and 10 '*completely happy*'.

- The majority of children and young people had been happy the previous day.
- Three (13%) children (8-11yrs) and seven (17%) young people (11-17yrs) reported that yesterday they had been unhappy.
- Only 58% of children (8-11yrs) were 'very' or 'quite' happy vs. 73% in other local authorities – although this difference was not significant.

Happiness yesterday



Life satisfaction (11-17yrs)

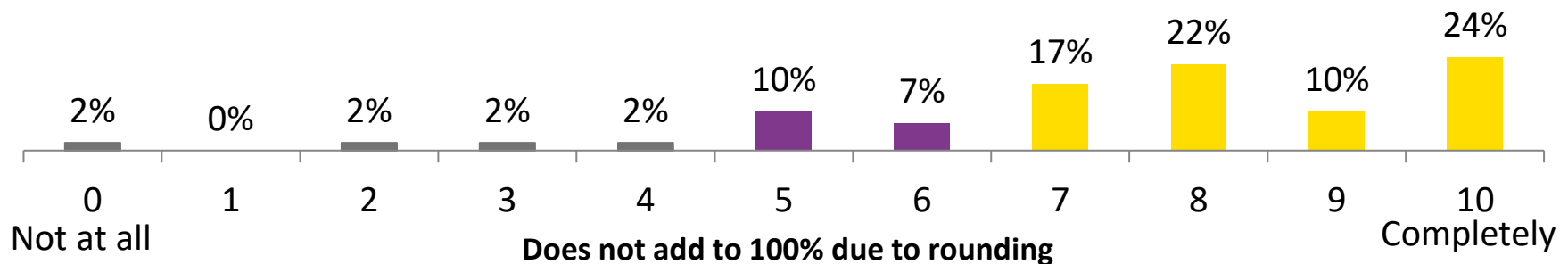


Young people (11-17yrs) were asked, *How satisfied are you with your life as a whole?* on a 0-10 scale.

This question exactly replicates The Children's Society survey question. A score of 7 or more is considered to be high life satisfaction.

- 73% of looked after young people (11-17yrs) in North Somerset had high life satisfaction compared to 84% in the general population of young people in England.
- Like the general child population there was a positive correlation ($r=0.50$) between high life satisfaction scores and being happy at school (Lewis et al., 2011).

How satisfied are you with your life?



Are the things you do worthwhile?

(11-17yrs)

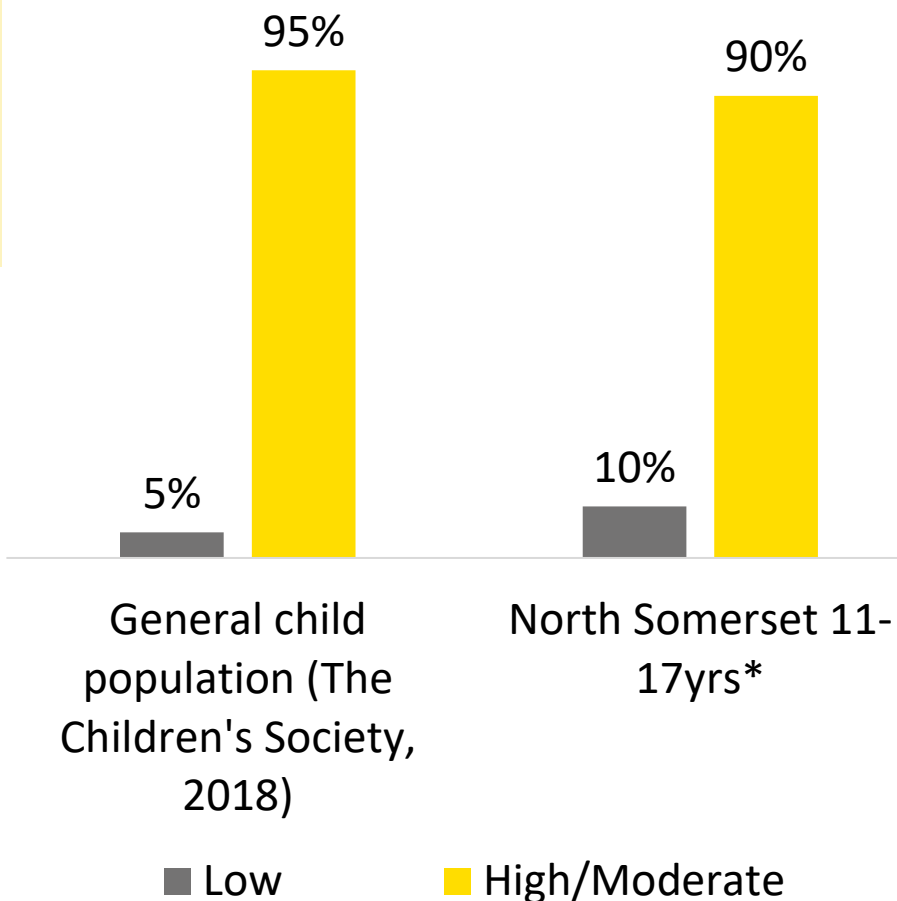


Having a meaning or a purpose to life is strongly associated with well-being (ONS, 2014).

Young people (11-17yrs) completed the same 0-10 scale as used by ONS (2020b) in their annual household survey.

- 72% of young people scored high or very high;
- 18% moderately; and
- 10% low.
- In other local authorities 65% of young people scored high or very high – this difference was not statistically significant.

Overall, to what extent do you feel the things you do in your life are worthwhile?



*missing: n=2

Feeling positive about your future



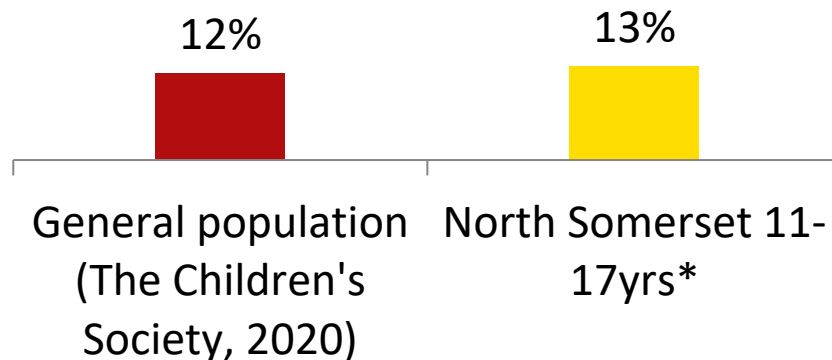
Optimism about the future is linked with happiness and resilience (Good Childhood Report, 2020).

Young people (11-17yrs) were asked on a scale of 0-10, *How positive are you about your future?*

- 28 (70%) were positive about their future.
- Seven (18%) were moderately positive about their future.
- Five (13%)[†] had low scores and did not feel positive about their future

I have been lucky with my experiences but I know not everyone has a good life in care. People should have a good life in care.

Young people who were pessimistic about their future



*missing: n=1;

†does not add to 100% due to rounding 71

Well-being scales – very high scores



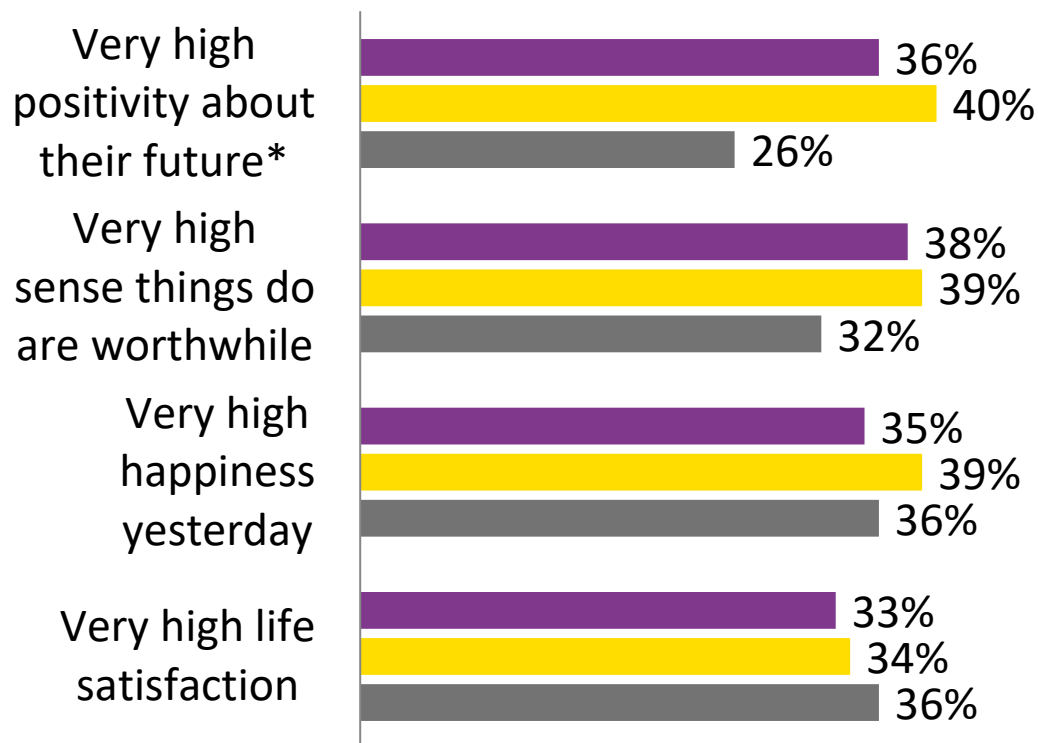
Proportion of young people (11-17yrs) with very high well-being scores – comparison with general population and the average for looked after young people nationally (ONS Young people's well-being measures 2020).

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■ Children in care nationally (42 LAs)

■ North Somerset children in care 11-17yrs

■ ONS general pop 10-17yrs

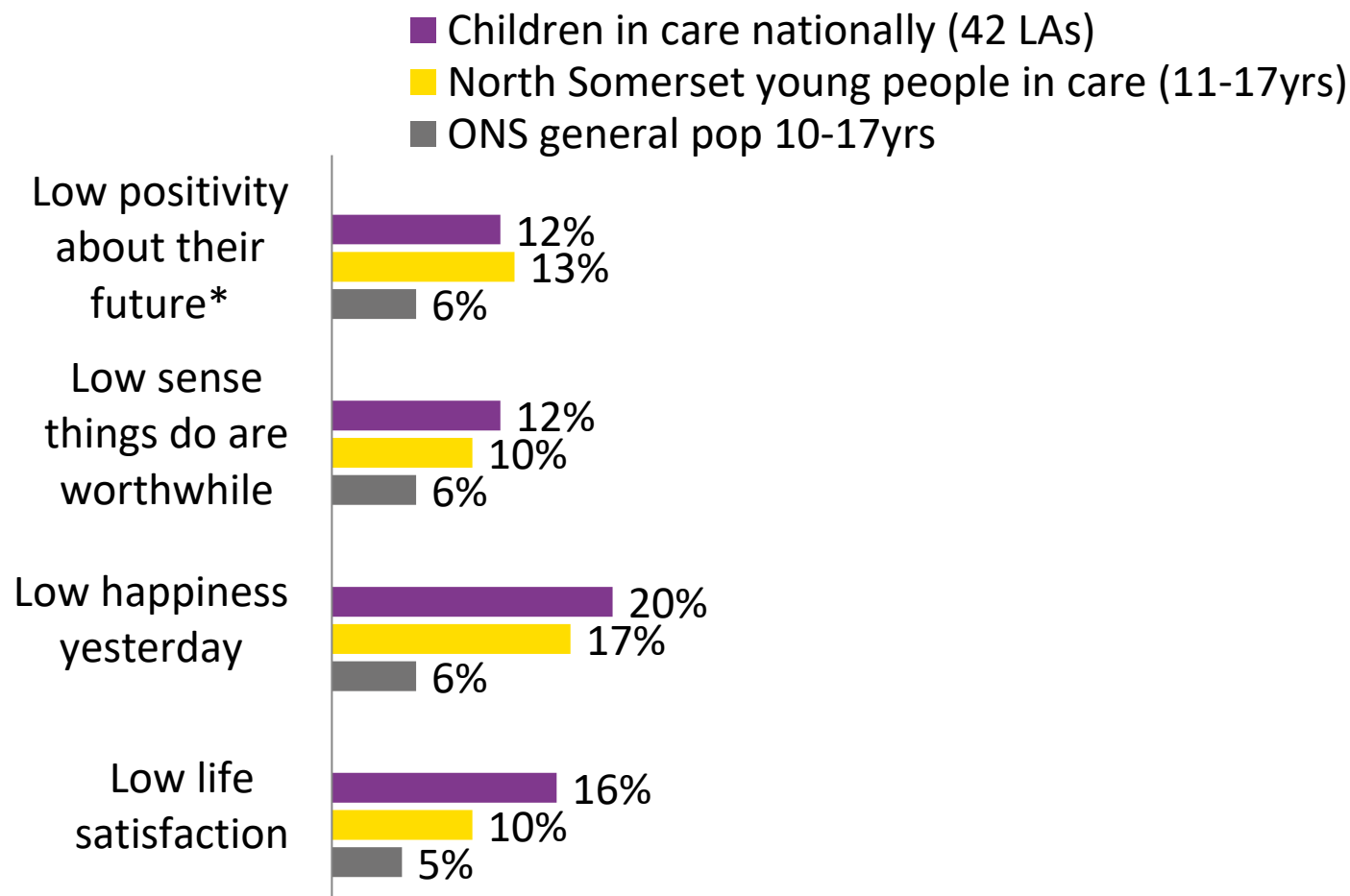


*Data taken from Good Childhood Report 2017

Well-being scales – low scores

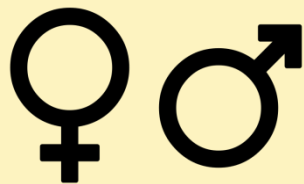


Proportion of young people (11-17yrs) with low well-being scores – comparison with general population and the average for looked after young people nationally. (ONS Young people's well-being measures 2020)



*Data taken from Good Childhood Report 2020.

Differences by sex: 11-17yrs



The Children's Society (2017) reported that in the general

population one in seven (14%) girls (10-15yrs) were unhappy with their lives as a whole as were one in ten boys.

Examining gender differences in our surveys in 2017, we found no differences by sex in the surveys for 4-7yrs and 8-11yrs but girls aged 11-17yrs were more likely to report low well-being. Girls were four times more likely to be unhappy with their appearance and this contributed to differences in well-being depending on sex (Selwyn & Briheim-Crookall 2017).



Only one statistically significant difference was found between girls and boys (11-17yrs) in North Somerset:

- Girls (100%) were more likely to report they saw their Dad 'just the right amount' than boys (55%). Five boys felt they saw their Dad too little, and no girls did.
- Girls (92%) were also more likely to report they saw their Mum 'just the right amount' than boys (50%) – although this fell just short of statistical significance. Five boys felt they saw their Mum too little, and one girl did.

Low well-being: 4-7yrs



- None (0%) of the children in the 4-7yrs group described themselves as 'quite unhappy' or 'very unhappy'.

*I feel happy and
safe living here.*

Low well-being: 8-11yrs



- Three (13%) of the children in the 8-11yrs group described themselves as unhappy on the day before the survey – two were ‘very unhappy’ and one ‘quite unhappy’.
 - All three were girls.
 - All three didn’t like school – two of them ‘not at all’. Two felt afraid of going to school because of bullying – one ‘sometimes’ and one ‘all or most of the time’. (When bullied both reported they did not get help from an adult). Two ‘hardly ever’ or ‘never’ got the chance to help the teacher.
 - Two ‘sometimes’ worried about their feeling or behaviour (one did not get help for these worries).
 - Two ‘sometimes’ trusted their social worker. One ‘hardly ever’ felt included in decisions made by social workers about her life. One wanted to know more about why she was in care.
 - One ‘sometimes’ felt safe in the home she lived in. One ‘hardly ever’ felt settled in the home she lived in.
 - One didn’t see her Mum. One didn’t see her Dad, and another girl’s Dad had passed away. Two felt that they saw their sibling(s) too little.
 - One reported not having an adult she could trust, to help them and stick by them. One didn’t have a really good friend.
 - One reported the adults they lived with ‘hardly ever’ showed an interest in their education.
 - One ‘never’ got to have fun at weekends. One hadn’t been outdoors in nature at all in the last week.

Low well-being: 11-17yrs



- Five (12%) young people had low well-being (i.e. scored 4 or less on two or more of the 0-10 well-being scales).
- One young person rated their satisfaction with life as 2 out of 10, and one young person rated their satisfaction a zero out of 10. Two young people rated their positivity about the future as 2 out of 10 and one rated themselves a zero out of 10.
 - All five were living with foster carers. One young person had been in care for less than a year but most had been in care for longer. Two young people had had 8 or more placements.
 - Three did not like school, two ‘not at all’. One was not in school or college.
 - Three young people were unhappy with the way they looked.
 - Three had had three or more social workers in the last 12 months. One ‘hardly ever’ and one ‘never’ trusted their social worker. Two ‘hardly ever’ and one ‘never’ found it easy to get in touch with their social worker. One ‘hardly ever’ and one ‘never’ felt included in decisions made by social workers about their lives. Two wanted to know more about why they were in care.
 - Two young people worried about their feelings or behaviour ‘all or most of the time’ and three did ‘sometimes’. One young person did not get help from an adult with this.
 - Two saw their mum too little, one did not see her, and one’s mum had passed away. One saw their dad too little, and one did not see him. Two saw their sibling(s) too little, and one did not see them.
 - [CONTINUED ON NEXT SLIDE]

Low well-being: 11-17yrs (2)



- Five (12%) young people had low well-being (i.e. scored 4 or less on two or more of the 0-10 well-being scales).
 - Two ‘hardly ever’ got the chance to show they could be trusted. One ‘hardly ever’ and one ‘never’ got to do similar things to their friends.
 - Two did not like their bedroom.
 - One ‘never’ felt settled in the home they lived in, and one ‘sometimes’ did. One ‘never’ felt safe in the home they lived in. One ‘hardly ever’ and one ‘never’ trusted the adults they lived with. One ‘hardly ever’ and one ‘never’ felt those adults noticed how they were feeling. One ‘hardly ever’ talked to the adults they lived with about things that mattered to them. One felt that the adults they lived with ‘never’ showed an interest in their education.
 - One young person did not have a really good friend.







Changes since last survey

Better than last survey

Similar percentage

Worse than last survey

W
E
L
L
-
B
E
I
N
G

		4-7yrs		8-11yrs		11-17yrs	
		2020-21	2022-23	2020-21	2022-23	2020-21	2022-23
	'Quite' or 'very' happy yesterday	73%	71%	64%	58%	-	-
	High/very high happiness yesterday	-	-	-	-	50%	61%
	High/very high life satisfaction	-	-	-	-	47%	73%
	High/very high feeling things they do are worthwhile	-	-	-	-	57%	72%
	High/very high positivity about the future	-	-	-	-	61%	70%
	Low overall well-being	-	-	-	-	27%	12%

**Section 4:
Children and
young
people's
comments**

**Is there
anything
else you
would like
to tell us?**

**What would
make being
in care
better for
you?**

Comments: 4-7yrs

- Six (43%) children (age 4-7yrs) gave text responses on: *Do you want to say anything else about being in care? What would make being in care better for you?*
- Children wrote:
 - *“I feel happy and safe living here.”*
 - *“[Name] is very kind.”*
 - *“I still like seeing mummy”*
 - *“I want more playtimes and I want to go to the park everyday”*
 - *“It is fun”*
 - *“Yees”*

Comments: 8-11yrs

- 18 (75%) children gave text responses on: *Do you want to say anything else about being in care? What would make being in care better for you?*
- 3/18 (17%) children wrote about being happy with their present situation. 5 children wrote 'No'.
- Other children wrote:
 - *"Nothing would make it better."*
 - *"Not having to be in foster care with my biological brother because he plays up."*
 - *"Getting Nintendo back from my previous carers."*
 - *"We could make the school bigger. We could have an area for [the school dog] to play around."*
 - *"I don't really know but I know one thing more Starbucks because I never go that much and I love caramel frappuccinos and you always need the whipped cream and the caramel sauce yass."*

There is nothing I can say that will make it better.

This [is] going to happen but I want it to be quicker. I want Nan to be [in] charge but it's taking a long time.

I feel sad about being in care but I feel happy because my new carer loves me and looks after me. I want to know why I've been put into care.

Comments: 11-17yrs

- 27 (66%) young people gave 46 text responses on: *What would you change to make being in care better for you?* and/or *What else do you want to say about being in care?*
- Five (12% of young people) young people noted wanting more trust or freedom.
- Five (12% of young people) noted being happy with their foster carers.
- Four (10% of young people) commented directly on the support from social workers.
- Three (7% of young people) noted wanting to see family members more.
- 15 (37% of responses) responses noted 'Nothing' and five (12% of responses) responses indicated that young people did not know what to write.

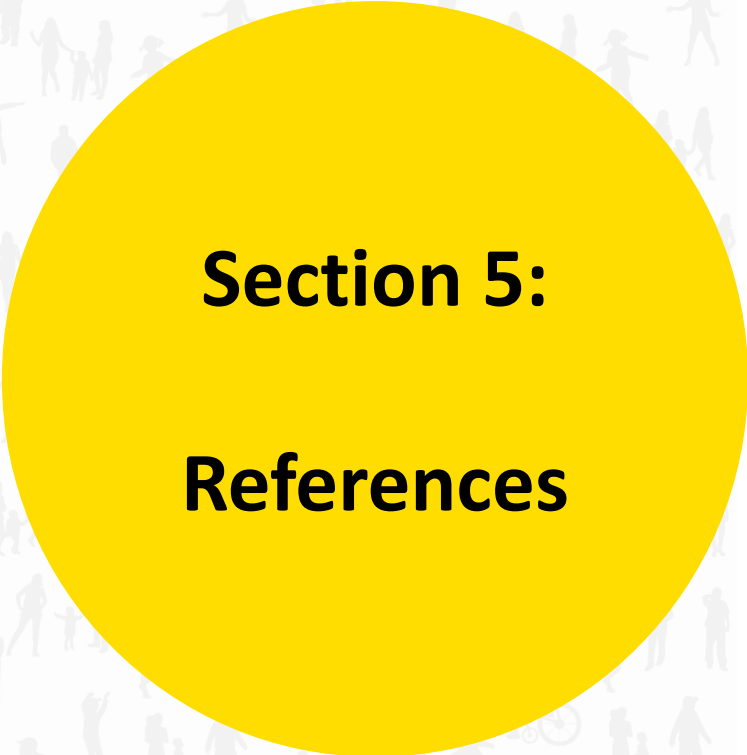
*Move nearer
Town.*

*Please tell me the truth
about my family and let
me have a better life.*

*More help for the foster
carers that look after us
they are sometimes not
thought about.*

*That it is amazing and young
people should not be scared
going into care because they
are really kind and you're
made [to] feel welcome.*

*I think the system is messed up and I think these types of
surveys should be listened to a bit more as social workers have
not necessarily been through the system so they might not
understand how it feels but the child does therefore children
should have more say in the decisions that are made .*



Section 5:
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