

The Children in Care Council meet on a regular basis with various professionals; they have created their top tips for taking part in group discussions.

We want to give you a good idea of our experiences, invest your time in us as individuals and as a group.

Do not ask us personal questions in a group forum, when we know you we maybe happy to share our own personal experiences.

Talk to us, build a rapport.

We are not just cases; we are real young people with names & feelings.

Listen and respect our wishes & feelings.

We are all different & have different experiences and views; we may find it hard to relate to other people and their experiences.

We are all at different stages of our care journey and some of us will be more comfortable to talk about things, we will share what we feel able to.

Try not to ask us questions about the reasons we are in care or about our birth families, these are areas we find difficult to talk about.

Be prepared for our answers, some questions may bring out our emotions.

Please don't be offended if we say we do not want to answer a question, just move onto the next one.

Please keep our information / identities confidential, not everyone knows we are in care.

We will give you our opinions of your service, our answers may not always be positive.

Thank you for taking the time to read this, we look forward to working with you.
The CiCC