



#SEEME

DO'S

- Take time to get to know me
- Understand why we are tired/angry/can't concentrate
- Educate yourself on care and how care impacts children and young people
- Listen to me
- Give me one to one time
- Give me space when I need it
- Watch out for bullying and CYP being isolated/rejected by peers
- Find out what motivates me and helps me to learn
- Find out what I'm good at and encourage me to do well at it
- Encourage me to learn and work harder
- Support me and find others in the school that can support my learning
- Watch out for my triggers and find ways to help me manage myself better in school
- Offer me extra help
- Provide time out spaces and lunch/break clubs where I can be with friends or people who won't bully me
- Remember I want the same as everyone else deep down
- Remember I might have low self-esteem and think I am not as good as everyone else

DO'S AND DON'TS



#SEEME

DONT'S

- Judge me
- Get in my face or shout at me (think about it- maybe I have been around anger and violence in my past!)
- Tell other children or teachers that I'm in care
- Tell everyone I'm going out to see my counsellor/social worker
- Use me as an example of 'someone in care'
- Expect me to be the same as everyone else
- Expect me to always have my homework done (maybe I've been in respite)
- Expect me to pay attention all of the time (I have a lot on my mind)
- Punish me for things that aren't my fault (no uniform- I wasn't at home last night. Late for school again- my auntie slept in)
- Get angry with me- It doesn't help
- Give up on me- no matter how difficult I make it
- Think I'm OK because I tell you I'm OK! We all say that
- Give us work we can't do without help
- Look down on me
- Treat me like I am different

DO'S AND DONT'S