

# How students can support their care-experienced friends



## 1. Be a good listener

Someone who has experience of being in care will want control over who knows about their experience. They're most likely to tell a person who helps them to feel safe, who they trust, and who's a good listener.

## 2. Be respectful and trustworthy

If you find out someone at school is in care, be respectful and trustworthy. Don't spread the information around school, or ask intrusive questions, or change your behaviour or attitude towards a person just because they're in care.

## 3. Be open-minded

Try to be accepting of the fact that everyone has different things that they go through when they're growing up. Every family is unique in its own way: some families have a single parent, others have two parents of the same gender, some families are big while some are small, some people live with their grandparents, and some live with foster carers or in a children's home.

## 4. Everyone's experience is different

Every care-experienced young person is unique and will need different support. For some young people, going into care can feel like a relief. For many others, it can feel extremely stressful.

## 5. Show kindness

Most care-experienced people face a lot of stigma and people may pre-judge them based on negative stereotypes. It's important to see your care-experienced friends as individuals, and support them by showing kindness, patience and understanding.