



Looked after children's views on their well-being in 2018

Workers

1 in 5 of the youngest children (4-7yrs) didn't know who their social worker was.

9 in 10 "I trust* my worker" (4-18yrs)
*All of the time or sometimes

"I feel that I am really getting on with my current social worker and that I know that I can trust her and that she understands my views and feelings and that I can tell her everything." (11-18yrs)

3+ **27%** of young people (11-18yrs) had 3 or more social workers in the past year.

"It would be better if I could stick with one Social Worker, they change a lot." (8-11yrs)



86% "I feel included* in decisions social workers make about my life." (8-18yrs)
*All of the time or sometimes

"My independent reviewing officer empowered me to have a say through co-chairing my meetings and knowing what changes were happening." (11-18yrs)



Relationships

16% (8-11yrs) "I am unable to see either parent."

27% (11-18yrs) "I have a really good friend."

9 in 10 (4-18yrs) "I have a really good friend."

26% "I SEE" MUM

19% "I SEE" DAD

27% "I SEE" SISTER

TOO LITTLE (8-11yrs)

"I feel like it's the best day ever when I see my mother, because I love seeing her. I'm very sad about not seeing my dad as I really miss him - he was very nice." (11-18yrs)

96% "I have someone I can trust, who helps me and sticks by me no matter what."

91%

Someone has fully explained why I am in care.

51% (4-7yrs), **67%** (8-11yrs), **82%** (11-18yrs)

"I would like to know more about why I am in care and why I am not living with my mum." (4-7yrs)

96% (4-18yrs) "I trust the adults that I live with." *All of the time or sometimes

"I can trust my foster carers now and they support me in all the decisions I make. I feel that I have truly found a one in a million placement." (11-18yrs)

"It's hard to change schools and lose friends and make new friends." (4-7yrs)

Education

90% (4-7yrs), **85%** (8-11yrs), **78%** (11-18yrs) "I like* school or college." *A lot or a bit

90% "The people I live with take an interest in what I do at school/college."

90% Children in Care (8-18yrs) vs **90%** General Population (11-15yrs)

30% (8-11yrs) "I have felt afraid to go to school because of bullying."

22% (11-18yrs)

83% (8-18yrs) "If I feel bullied, I get support from someone."

"I used to get bullied because I didn't live with my parents and no one helped me but then it got better so I think it would be good if young people like me could spread their story everywhere." (4-7yrs)

Feelings

59% (8-11yrs) "I worry* about my feelings and behaviour." *All of the time or sometimes

84% (11-18yrs) "I get to do similar things to friends."

12% (11-18yrs) "Adults do things to make me feel embarrassed about being in care."

"I want out of care, it's terrible, because I am not allowed to have sleepovers, or if am, it takes too long to arrange and I nearly miss out on trips waiting for consent." (11-18yrs)

Home

88% Children in Care (8-18yrs) vs **75%** General Population² (8-13yrs) "I always feel safe where I live."

94% "I like my bedroom." (4-18yrs)

91% (11-18yrs) "I have access to the internet at home."

100% General Population³ Households with children

"As I am 15, I should have a chance of having social media because - ALL of my friends have it and I don't like being left out, so really being in care is tough." (11-18yrs)

"Being in care makes my life better by having a safe house and bedroom." (8-11yrs)

Well-Being

1 in 10 "I felt sad yesterday." (4-11yrs)

"I don't like being in care. I want to go back to my mummy. I was happy with mummy." (4-7yrs)

15% of 11-18 year olds have low well-being.

82% "Life is getting better." (8-18yrs)

"I love being in care because the people I live with are very nice and love me very much." (8-11yrs)

Compared to the general population* a similar proportion of children in care have very high well-being but more have low well-being.

11-18 year old children in care vs **11-17 year olds in general population⁴**

Metric	Children in Care	General Population
Life Satisfaction	34% Very High, 36% Low	15% Very High, 5% Low
Happiness	37% Very High, 33% Low	19% Very High, 7% Low
Things I do in life are worthwhile	37% Very High, 35% Low	12% Very High, 6% Low
Positivity about the future	36% Very High, 26% Low	11% Very High, 7% Low

"Going into care has really helped me as I got a fresh start in life to do good things in life so I appreciate it" (11-18yrs)

"Hate it, I don't care how much effort they put in, they don't really care about the kids. I feel like it's all about money... if I was going to review it I would give it 1 star." (11-18yrs)

Our findings show some young people in care are struggling in many areas of their lives whilst others are doing very well.

bright spots Linda Briheim Crookall, Dr. Claire Baker, Professor Julie Selwyn November 2018 © Coram Voice, 2018

Get in touch with **Coram Voice** on brightspots@coramvoice.org.uk or go to www.coramvoice.org.uk/brightspots to find out more and take part.

¹ WHO, (2015), *Health Behaviour in School-Aged Children Survey*. ² ONS Statistical bulletin, (2017), *Internet access - households and individuals*. ³ Rees, G., Main, G., & Bradshaw, J. (2014), *Children's Worlds National Report England*. ⁴ The Children's Society, (2018), *The Good Childhood Report*. Data provided for this comparison by Dr. Alexandra Turner and Larissa Pople.