

A message from the children:

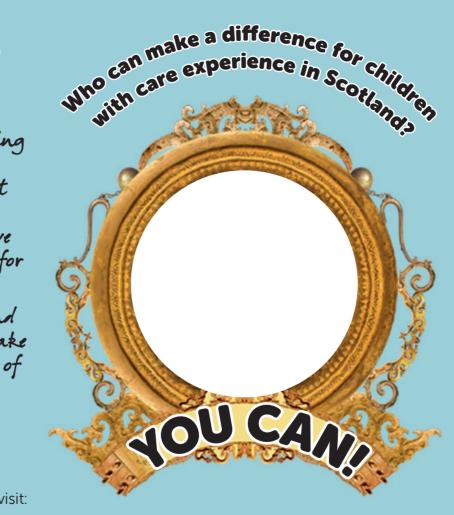
This work is important because it's sharing all of our thoughts and opinions about care and things we want to be different and better. We are the children who are experiencing it right now and we believe that things should change in Scotland for children with care experience.

We feel that this report is a reminder and something to prompt you to actually make these changes to make sure all children of all ages in care can feel happy.

Listen to our voices because we need this change.

- Ben, Member of Children's Parliament

For the full Children's Parliament report, please visit: bit.ly/MoreThanBeingInCare



Key Messages

- Children want to be loved.
- Relationships are essential.
- Being in care does not define children
- Children's privacy must be prioritised.
- There needs to be equality and equity in care so children can lead a 'normal' life.
- Respite is challenging for children.
- Language contributes to the stigma around care.
- Children want to be involved in making decisions about their lives.



Children's

Through Children's Parliament's Seen + Heard Fife project, children identified their experiences under five themes:

- We need to know we are loved.
- Caring should be more than a job.
- we are in care.
- social worker

- We need closure when relationships

 We want to see our families regularly - parents and siblings.

- We worry about how our families are doing.
- Sometimes we feel like we have to take sides.
- If we don't want to have contact with someone, we shouldn't have to see them.
- Family time should be in a comfortable space.
 - Ask how we feel about our family time, especially when making decisions about it.

How we talk about care

- Believe in us for who we are and our dreams for the future.
- We don't want to feel different. unequal or left out.
- Social workers should remove badges when visiting us at school.
- Teachers should use inclusive language when talking about families and be discreet when they talk about our care experience.
- When we have a bad day, we may need extra support and understanding.
- Talk about 'family time' or 'seeing each other, instead of 'contact'.

- We want to express our feelings and get lots of hugs and cuddles.
- Home should be a place where we want to be.
- We want to be treated the same as everyone else in the house.
- It hurts when we're sent on respite and our carers go on holiday.
- We need space and time to ourselves
 - in our own room, if possible.
 - We should be able to play with our friends and take part in clubs and activities.

• Please respect children's human rights.

• Let us know we can ask questions. • We shouldn't have to miss school or activities for meetings.

• Meetings shouldn't be held in formal spaces that make us feel small.

- We want to feel more in control at meetings, like 'chairing' them.
- Use technology so we can contribute to meetings without having to be there.
- Our carers should be able to make day-to-day decisions without social work.

my face

• Our privacy is really important – please respect it.

For the full report, please visit: bit.ly/MoreThanBeingInCare





• Help us understand why

• We should have a consistent

• No broken promises.

• We want to be able to trust adults.

come to an end.