**Identity reflection sheet**



The Bright Spots programme is a partnership between Coram Voice & the University of Oxford. Between 2017 and 2022 we have had over **7,000** responses from care leavers in **47 local authorities** to questions in the *Your Life Beyond Care* survey.

This reflection sheet accompanies the film **‘Identity** (Spring 2022) - it asks what **you, your team & others** can do in response to how care leavers are feeling – watch the film and write down your reflections & the actions needed.

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| **Key findings**   * Developing a positive personal identity and a sense of personal history is associated with high self-esteem and emotional well-being. * However, some young people feel strongly that the care system does not sufficiently equip them with an understanding of their background and fails to help them understand their background & pre-care (and in) care experiences. * Feeling someone has fully explained why you are/were in care improves as children get older * But whilst most care leavers (77%) felt that someone had given them sufficient explanation of why they had been looked after; 18% wanted to know more & 5% thought that no-one had explained the circumstances * There is variation across authorities – ranging 39% to 4% of care leavers who do not know why they were in care or wanted to know more. | Diagram, text  Description automatically generated |

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| **Notes from the film – your reflections / actions needed** | | |
|  | **Find out if our care leavers have outstanding questions or they want to know more** | **Identify who else needs to be involved /supported in helping care leavers to find out about those things** |
| **What can I do to …** |  |  |
| **What can I do with others (in my team) to …** |  |  |
| **What must the local authority / partners do to …** |  |  |