



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% (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)

91% "I have someone I can trust, who helps me and sticks by me no matter what."

Education

90% (4-7yrs) "I like* school or college." *A lot or a bit

85% (8-11yrs) "The people I live with take an interest in what I do at school/college."

78% (11-18yrs) "My carer is nice [and] helps me a lot especially when it comes to [home] work." (8-11yrs)

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

22% (11-18yrs) "If I feel bullied, I get support from someone."

83% (8-18yrs) "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)

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

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)

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

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

100% General Population³ Households with children

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

"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)

Well-Being

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

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

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

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

"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 Scores, 36% Low Scores	15% Very High Scores, 5% Low Scores
Happiness	37% Very High Scores, 33% Low Scores	19% Very High Scores, 7% Low Scores
Things I do in life are worthwhile	37% Very High Scores, 35% Low Scores	12% Very High Scores, 6% Low Scores
Positivity about the future	36% Very High Scores, 26% Low Scores	11% Very High Scores, 7% Low Scores

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