



create
FOUNDATION

RECONNECTING WITH FAMILY IN A SAFE WAY

TIPS FOR YOUNG PEOPLE FROM YOUNG PEOPLE

1

It's **okay if you don't** want to meet up with your family - **it's your choice!**

2

Make sure you don't meet your family for the first time when you're alone – always **make sure you have a support person with you.** Even if you're just calling them first. That first phone call can be hard and your hands shake a lot!

3

Have lots of phone calls, emails and text messages with them first – spread them out over a while and don't rush the first time you see them. Have a short meeting, like an hour or two and then just keep building upon that. For the first few times, it's good to have someone go with you or have an excuse to leave if you're starting to feel uncomfortable. Like you've got to meet friends straight after or something like that.

4

Find out stuff about your family first. Ask yourself where are they living? Do they have a job? Are they safe to be around?

5

Always take someone with you the first time you meet them. If it's weird taking your CSO or foster carer then take your best friend and go **do something fun** like bowling or mini golf, just not a movie (you don't get to talk!).

6

When meeting with family the first time **meet in a public place.**

7

It's okay to **ask who your family members are** e.g. "Are you my mum or dad's aunty?"

8

Use the opportunity of meeting your family to **ask questions about family health information** that you may need to know

