



ADOPTTEENS

[www.adopteens.org.uk](http://www.adopteens.org.uk)

## Letter to my younger self

I am writing you a letter to give you some advice which I wish I had. I obviously thought I knew all the answers when I was growing up and that I knew best, I rushed into things heart first, rather than head first and that means unfortunately we didn't always have a smooth time of it, but we survived and we learnt a few things on the way, which I'd love to share with any other adoptee teen who thinks that they are the only one, or have to deal with things on their own.

I wish I'd realised that

- It isn't your fault you were adopted.
- You didn't have to tell everyone your story!! - Make sure that there is someone that you can trust and you can talk to instead of bottling it up. Remember it is your thing to be revealed or concealed as you see fit. Don't tell everyone!!
- Talking isn't the only way of communicating - Find a method of communication that works for you. Whether that's talking, poems, songs etc.
- It ok to say no and be firm - Be explicit when you ask people not to share things you talk about.
- It's not ok to talk about other people's business. It can hurt people and cause conflict, which is hard to cope with and can make you stressed and anxious.
- People can be genuinely curious, interested and supportive, if they are asking you questions it doesn't always come from a bad place.
- It hurts your parents feeling when you are disrespectful to them. Although they can be annoying, its only because they care.
- There will be something out there that makes you feel better - Find an activity that helps you relieve stress and gets your anger out.
- It's really hard sometimes, but its way better to be the bigger person.
- You know yourself better than you think -Listen to yourself.
- There are going to be times when you are going to think it's your fault, but you have to think positive and it's not your fault.



**PAC-UK**  
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**One**  
Adoption

- It's ok to accept help – It's not a sign of weakness and lots of people adopted and non-adopted have extra support.
- It's fine if you want to find your birth family, but use the proper channels because they are there to support you. If you want to find your family on Facebook seek some advice and talk to your parents about it – don't add or message anyone until you have PROPERLY thought about it.
- It's a waste of time chasing people who don't show a genuine interest in you or who are unkind. Focus on yourself and your true friends.
- It's not going to be easy, so try and think about the positives.
- It's a waste of time comparing yourself to others, because everyone is unique and has their own amazing qualities.
- It hurts when your parents say no to things, but ultimately I've realised that they wanted me to be safe and didn't want me to get hurt.
- It will be the last thing you want to do, but listen to your parent's advice. They are saying what they are saying because they don't want you to get hurt.
- It's ok to say "I don't want to talk about this" you don't need to lie
- Your family won't be upset as you think they will - If you have curiosity about your birth history or you need to talk about it then talk, don't bottle it up or try and guess how they might feel.
- Sometimes it's really important to think before you speak. It's not always easy but saying less or giving yourself time to think about a response can save a lot of trouble.
- It's really important to take care of your body and your mind – nobody else can do this for you.
- Friends who help you be the best version of yourself are worth a million who tell you what you want to hear.
- When you are 13 you might think you need more information, but you might not be ready to deal with it then.