



## What social workers do to help us

I like it when my social worker takes me out for lunch

Help you think about issues like self-harming

When they listen to you

When they give me a place to chill and sort head out

When I see my SW regularly

Having normal conversations/ When they talk about stuff that's not always bad or about adoption

Chill and chat – group with other adopted teenagers – Would like more of these in every region

Helping me to find ways to manage my anger and make positive choices

When they can see that I'm stressed out

Allow us to smoke, but help us to stop