

Who am I?

Though not a question often asked out loud, this could well be one of the most common queries anyone has!

Some times things just don't seem to make much sense: there's school, there's your friends; there are exams and parents! There's music and then there's the world! Where are you going to go from here? Where do you fit in? What happened in the past?

Young people who are adopted may have a varying amount of information about their adoption, and their birth family. Some know very little, others know a lot and may even get yearly updates.

Sometimes however little or much you have, it never seems quite enough. Who do I look like? Did anyone in my birth family like the things I do? Where do I get my skills at football/dancing/cooking/running/lazying about?

So, what can be done?

Talking to your parents may not seem like the best thing.....but actually they're probably expecting you to be wondering and wanting information.

But a little preparation never comes amiss:

- write down all you do know*
- think about what you'd most like to know*
- can you work out why this is so important to you?*
- list what you hope will happen when you talk to your parents*
- write a list of what your worst fears are!*
- you might want to talk it over with a friend, or maybe a grandparent or other relative who you think will understand*
- pick a good moment to talk to your Mum or Dad.....not when everyone rushing out in the morning, or as your tired parent changes the baby, whilst cooking the dinner, answering the phone and testing spellings with your younger sister.....*

If things don't go as you'd hope, have a think and see if there is some way you could try it differently.

Maybe someone else has had the same problem.....you could post message on the bulletin board, to ask for suggestions.

*And if it has gone well-----that's really great, and **you** might want to give others some tips. Get to that Bulletin board.....or if you'd like to write a piece for the web site here, just email us.....it'll be good to hear from you.*