

Language in Care

By Falkirk Champs





How it makes us feel

Like laughing

Angry

Judging. A lot of people suffer from mental health now. Issues sounds negative

Problematic

Scary

I think using 'issues' is horrible. It's not our fault with some of the stuff we have. You should never say issues



Better words to use

Extra Support

Additional support needs

Individuals who struggle with their behaviour

Traumatised

Hurt

Needs support



How it makes us feel

MEH

Angry

Support

Once again why are non-care experienced people allowed to say family time but we aren't?

Happy to have some contact with people as it makes it easier.

It's a horrible word !!

Restricting and unfair. I only say these words because of my experience of them both through social services and the court.



Better words to use

Family time.

Seeing family or friends

Parental visits
IDK

Seeing my family

Family time.



How it makes us feel

Looked after

I'm not sure. I don't like foster parents as not all of us don't have parents but it's up to the individual person.

I'm unsure

Upset

Although I see the reasons why I was in foster care and use this to my advantage now. I feel upset about the time away from my family and the time I had lost.

Anxious

Like a dog

Scary at first



Better words to use

Nurture or care for

Home

Carer

Carers we should choose when we want to call them parents

Home

Up to the person



How it makes us feel

Judged

Like we're lacking something

It was scary at first understanding the meaning of being looked after.

Inhumane

Disgusting

Deflated

Another paper exercise

Fatigued

It always felt formal and that I had a label. As people wouldn't judge me on being a "Looked After Child" it certainly felt like it at the time.



Better words to use

My Name !!

Young Person, Child, Teenager, Person.

Supported Child

Care Experienced



How it makes us feel

Happy

Annoyed

Positive. Respite care is good for the individual requiring the care and the family/carers supporting the child.

Like they need a break from us.

Despair, uninterested and glad to get away.

Good to have a break from foster family.

Some people have no idea what it means.

We are so bad the family needs a break



Better words to use

Staying at a friend's.

Rest/Break Time?

A break ?

Visiting

A get away

Holiday



How it makes us feel

Angry

Depressed

Legal Process

Very anxious. I didn't like the Children's Hearings from a young age. I never liked the idea of 3 strangers making a massive decision about your life by reading it from a piece of paper. I always think I look worse on paper.

Scared

Nerve wracking

Court

Ugh!



Better words to use

Joint decision meeting.

Children/Young Person

We're hardly involved so there needs to be a better name.

Get together

Court

Meet up or Discussion

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S



How it makes us feel

Like an older person

I'm unsure how I feel about this word

It upsets me as I spent a large amount of my childhood away from my family and has been detrimental towards the relationship now.

Place of difficulty and not ease.

Nostalgic and upsetting.

Scared, unease and anxious



Better words to use

Homes

Residential

Home away from home

It should just be called home.



How it makes us feel

Hate it!

Angry

I felt it was a negative outlook on me

Upset

Anxious. The reason of being involved with social work is that squally down to vulnerability factor. Everyone thinking you must be vulnerable even though at the time at the age of 14/15 I didn't feel this,

Worthless

Concerned

I'm not sure cause everyone I know calls me vulnerable.



Better words to use

Protected

Extra Support

Individual who requires support

Protected

Dependable

Child in need of support

Not ready for the world



How it makes us feel

Better words to use

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S

Why can non care experienced people say brothers and sisters but we aren't allowed to say that in a formal setting?

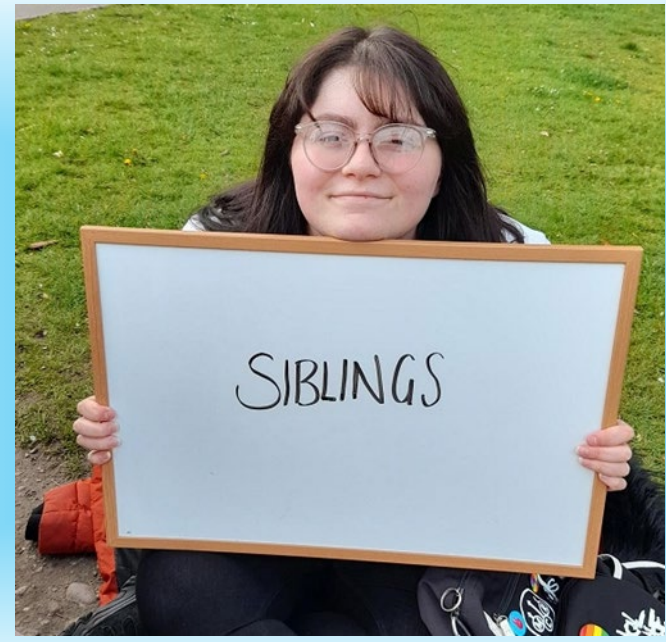
Together

It's not a word I would use with my brothers

Word that makes me different

Doesn't bother me

Happy because I have **brothers or sisters** there to support one another



Brothers and Sisters

Simple

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S

How it makes us feel

Annoyed

Not as bad

Comforting experience
in care.

Like a freak

I don't like the word child, it should be team
around the child or young person depending on
the age. Not 3 letters.

When people use these phrases I
feel like I don't matter

The words make me feel
supported by the people
around me.



Better words to use

Child who has extra support team.

Not TAC

Team around the Child/Young
Person or Team Around the Person.

Support Network

Child with non-blood team

Use the words not the
letters



How it makes us feel

Better words to use

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S

Paranoid and anxious

Daunting

Like its formal

Waste of my time

Anxious

I don't know what it really means but it sounds like a 'in trouble' word. Like people have a perception of what needs we have when our needs aren't a perception?



Meet-up? It's up to the young person on what they find comfortable.

Gathering or get together. Something that doesn't make it sound so intimidating.

Care experienced meeting

You call it my meeting , but is it ? I think it is for you

Keep it Simple so we know what you mean



How it makes us feel

Better words to use

Confused

Like it's too formal

Business and more robotic/ridged

Scared

Confusing

It's a very intimidating word



Professional?

Welcoming/working

Just parents

Reliable friends

Council worker



How it makes us feel

Used to make me feel distraught but now I'm unfazed

Put into a zone

Happy

The word placement is very professional. When people used placements with me, it made me feel like I didn't belong and I was being forced to go there.

Upset

Bad experience.

Not the worst word

Feels like they just pick you up and place you somewhere

Anxious. When I used to hear the phrase 'new placement' I got upset about what lay ahead of me.

Better words to use



Should just be the name of the place where you're going.

Home?

Situated

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S

F
A
L
K
I
R
K

C
H
A
M
P
I
O
N
S