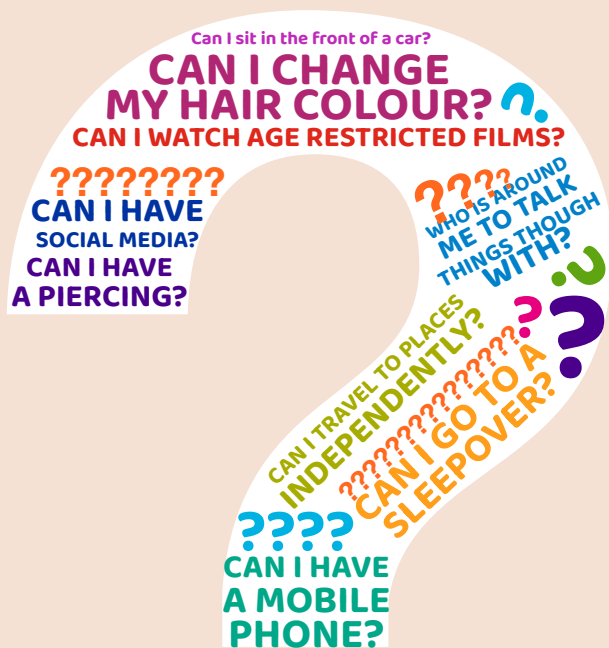


# Who do we ask?

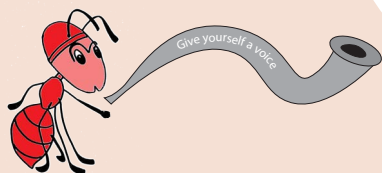
## Who gives permission?



### YOUR RIGHTS

**CAN I BE IN GROUP PHOTOS?**

**CAN I HAVE A TATTOO?**

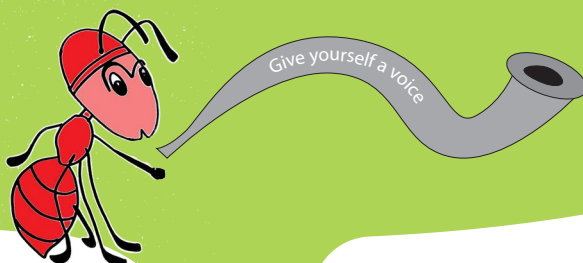


**We wanted things to be clearer about what the “rules” were and who can give permission or make decisions in our lives about day to day things.**

**We hope this helps.**

### **Members of SiLSiP**

(Say it Loud Say it Proud)



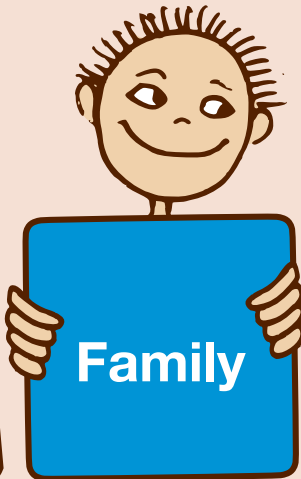
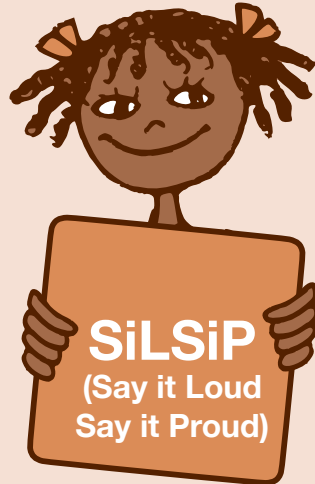
Thank you to members of SiLSiP (Say it Loud Say it Proud) Bracknell Forest Children in Care Council who raised this as something they wanted to help improve and worked with Social Workers and Managers to create this booklet. For more information you can visit [www.bracknell-forest.gov.uk/cypsupport](http://www.bracknell-forest.gov.uk/cypsupport)

May 2023

# What's in this?

	Page
Who is around me?	4
How are day to day decisions made?	5
Can I be in group photos?	6
Can I travel to places independently?	7
Can I go to a sleepover?	8
Can I have a piercing?	9
Can I change my hair colour/cut?	10
Can I watch age restricted films or play age restricted games?	11
Can I have a mobile phone?	12
Can I have social media?	13
Can I change my name?	14
Other questions	15
Things to think about	18
If you're not happy, what next?	19

# Who is around me?



# How are day to day decisions made?

When you are a child or young person looked after whoever is caring for you day to day will have something called Delegated authority.

This is all about giving children in care as normal a life as possible, with the same opportunities as other children.

Delegated Authority means its been agreed that your foster carer can give permission for certain day to day things like having your hair cut, school trips, sleep overs so that its makes day to day life as “normal” as possible for you.

Delegated Authority will be discussed early on and agreed with your parents, carers and Social Worker.

There is no one size fits all, this will be all done on an individual basis.

They will think about who is best placed to make these decisions depending on your age, your experience and yours, your parents and foster carers views.

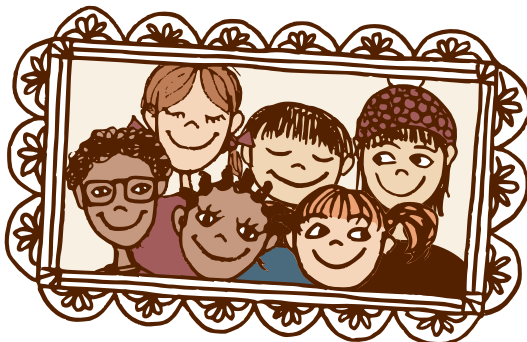


# Can I be in a group photos?

## Who gives permission? – Foster Carer/Carer

Young person to think about	Carers to think about
<ul style="list-style-type: none"> <li>• Who will see this photo</li> <li>• What is the photo for? is this for school, or other activities that I am part of?</li> <li>• Will it be posted online for others to see?</li> <li>• What are your views about having your photo taken?</li> <li>• You can absolutely change your mind</li> </ul> <p>If you are over 16, it is assumed that you can take the lead in these decisions</p>	<ul style="list-style-type: none"> <li>• There may be specific circumstances where this will need to be discussed if a young person's safety is at risk</li> <li>• Who might have access to this photo</li> <li>• Do you know enough about the young person's history to decide?</li> <li>• Has there been an up to date risk assessment</li> <li>• Update school on any decisions so young people don't miss out</li> <li>• How does the young person feel?</li> </ul>

- This should be agreed in tandem with your placement plan and school should be notified
- A clear plan should be in place for the young person
- This should be reviewed yearly - Especially when going from primary school to secondary. Young people should not miss out on being in important photos
- If you are still unsure, then bring it to your CLA (Child Looked After) Review meeting.



# Can I travel to places independently?

**Who gives permission? - Foster Carer/Carer**

Young person to think about	Carers to think about
SAFETY	SAFETY
<b>Things to think about together</b> <ul style="list-style-type: none"><li>• How old you are and your individual situation?</li><li>• What are the best routes/times?</li><li>• Can we do a practice trips on the bus, train?</li><li>• Have you completed cycling safety course?</li><li>• Do you have safety equipment - helmet, lights, puncture repair kit</li><li>• Can you complete a safety plan together, including agreed check in, mobile phone</li><li>• Trial run?</li><li>• Other risks to consider</li></ul>	

## **This could include**

- Cycling/walking to school
- Going to clubs/activities independently
- Usually this can be agreed between you and your carer but there may be times you need to involve your Social Worker if we are worried about your safety
- If you and your FC can't agree, a social worker can review your safety plan



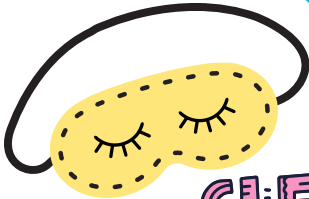
# Can I go to a sleepover?

Who gives permission? - Foster Carers/Carers

Young person to think about	Carers to think about
<ul style="list-style-type: none"><li>• Do you know them?</li><li>• How long have you known them?</li><li>• Have you been to their house before?</li><li>• Your foster carer is more likely to say yes if they know the person</li><li>• Have your carers met their parents/carers?</li><li>• Invite them for dinner first?</li><li>• You go to theirs for dinner?</li></ul>	<ul style="list-style-type: none"><li>• As long as you have Delegated authority then you can make a decision like any other parent would</li><li>• Have you met them before?</li><li>• How long have they been friends?</li><li>• Do I know their parents/carers?</li><li>• Do I have the address and contact details?</li><li>• Invite them for dinner?</li><li>• Invite them for a sleepover</li><li>• Sleepovers are a normal thing and can help build friendships</li></ul>



**Myth Busters**  
Adults don't need to have DBS checks. Carers only need to check with Social workers if they are worried about your safety.



SLEEPOVER PARTY

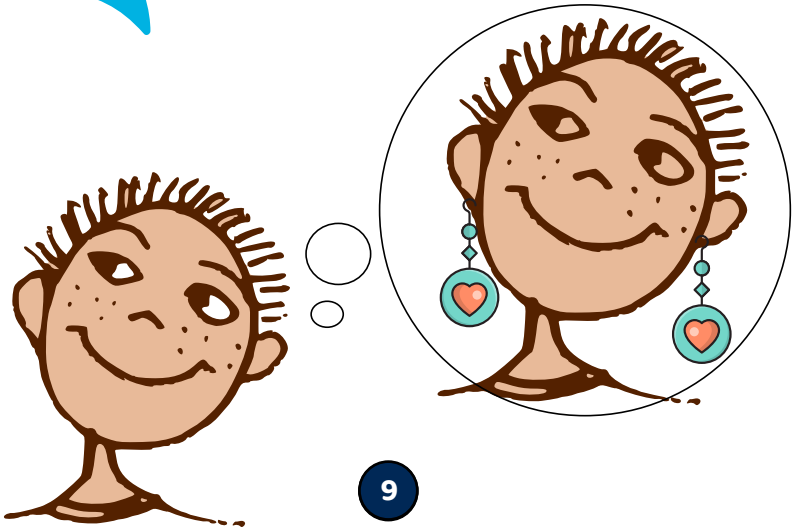
# Can I have a piercing?

Who gives permission? - Foster Carers and parents/Carers and parents

Young person to think about	Carers to think about
<ul style="list-style-type: none"><li>• Why do you want it?</li><li>• How old are you?</li><li>• What do you want and where?</li><li>• Do you know it may hurt?</li><li>• How long it takes to heal?</li><li>• How to look after the piercing?</li><li>• What is your school policy on uniform/ piercings?</li><li>• They may only allow one set of earrings.</li><li>• You will need to ask the person who has parental consent for you</li><li>• Will you pay for it?</li></ul>	<p>Most piercers minimum age is usually 13+ with parental consent (PR) but studios usually have their own regulations.</p> <p>(Ear lobes, ears, belly)</p> <ul style="list-style-type: none"><li>• School uniform policy</li><li>• Allergies to jewellery</li><li>• Who will pay?</li><li>• Healing time</li><li>• Cleaning correctly</li><li>• 16+ you need ID</li><li>• 18+ for things like nipple piercings</li></ul>

**Legally**  
There is no legal age for piercings. Every piercing studio is different.

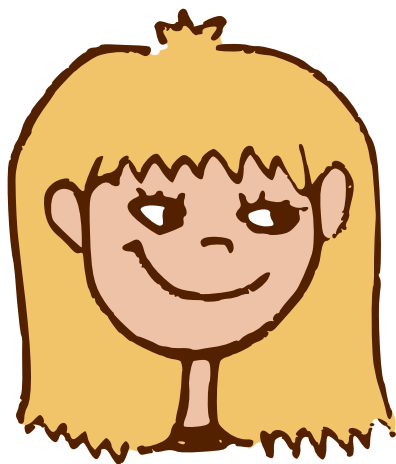
**Discussion point**  
Does the piercing shop you want to use have a good reputation, is it licensed? Find out by going to the shop, ask questions or search online.



# Can I change my hair colour/cut?

Who gives permission? - Foster Carers/Carers/Ask parental views

Young person to think about	Carers to think about
<ul style="list-style-type: none"><li>• Are you allergic to hair dye? (where your body reacts, like swelling, itching)</li><li>• You will have to complete a 24 hour patch test at home or hairdressers</li><li>• What is your school uniform policy on hair styles</li><li>• Extreme colours/hairstyles are usually unacceptable for school</li><li>• Do you want someone to do it at home or hairdressers</li><li>• Who will pay?</li></ul>	<ul style="list-style-type: none"><li>• Parents Views</li><li>• Religious and cultural views of the young person</li><li>• Child views</li><li>• School policy</li><li>• Cost – Who will pay?</li></ul>



# Can I watch age restricted films or play age restricted games?

**Who gives permission? - Foster Carers/Carers**

Young person to think about	Carers to think about
<ul style="list-style-type: none"> <li>• Are you at the cinema, as you may get asked for ID for age restricted films?</li> <li>• Do you feel you could talk about them?</li> <li>• Are you aware of the parental restrictions?</li> <li>• Check content warning</li> <li>• Check with carer before purchasing games</li> <li>• Discussions together</li> </ul>	<ul style="list-style-type: none"> <li>• Games are age restricted due to content</li> <li>• Can possibly have an inappropriate influence</li> <li>• They are rated by dialogue, violence and nudity</li> <li>• Be aware of influence</li> <li>• Emotional and mental maturity of the young person</li> <li>• Discussions together</li> </ul>

## Discussion point

I am 12 and I want to play an 18 game?  
I am 14 and I want to watch a 15 film?



We know if you are 11, you might feel you are old enough to watch a 12 rated film. But we can't ask carers to break the law.

Think about it like this.....If you can go into a shop and buy it, then its okay, if you can't then its not okay!

COMPUTER  
GAME

# Can I have a mobile phone?

**Who gives permission? - Foster Carers/Carers/Parent**

Young person to think about	Carers to think about
<ul style="list-style-type: none"> <li>• Why do you want a phone?</li> <li>• Have you thought about the positive and negative impact of this?</li> <li>• How old you are - are you ready for a phone?</li> <li>• Are you prepared to negotiate to build trust?</li> <li>• What is your understanding of mobile phone safety?</li> <li>• Are you willing to discuss and negotiate with your carer?</li> </ul>	<ul style="list-style-type: none"> <li>• How does the young person work towards getting a phone</li> <li>• How old are they?</li> <li>• Phone safety</li> <li>• Parental controls</li> <li>• Can you agree some rules together ? Keep talking and reviewing them.</li> <li>• Are you willing to discuss and negotiate with your young person?</li> <li>• Much of young people's lives are on their phone or on social media, if things go wrong, help them to learn, build trust, don't take away their phone this could have a big negative impact.</li> <li>• Can the young person use their phone in their room? Some young people might use relaxation apps, can you negotiate and agree together?</li> <li>• Technology changes all the time, can you learn from each other?</li> <li>• Keep reviewing as young people grow up</li> <li>• Contracts - is it best to have a 30 day rolling contract, sim only, or pay as you go?</li> </ul>

**HEY!**

## Discussion point

There are some very rare situations where your phone may need to be checked or taken by someone who cares for you or a professional. This will always be explained to you and if you're not sure why you should ask

## Discussion point

It is important for trust and understanding – Online safety should be reviewed on a regular basis.

# Can I have social media?

## Who gives permission? - Foster Carers/Carers/Parents

Young person to think about	Carers to think about
<p>AGE restrictions</p> <p>Most social media is 13+</p> <ul style="list-style-type: none"><li>• How much do you know about online safety and its impact?</li><li>• What are the positive and negative impacts of social media</li><li>• Can you be open with your carer if things don't go to plan, or who else can you talk to?</li><li>• Are you willing to agree ground rules to build trust</li></ul>	<ul style="list-style-type: none"><li>• It is important to remember that social media is now a big part of everyday life especially for younger people</li><li>• There are both positive and negative impacts of using this</li><li>• Trust and understanding is very important for young people</li><li>• How much do you know about online safety?</li><li>• How knowledgeable are you about the Apps your young person is using</li><li>• Can you be a "friend" on social media?</li><li>• Can you learn from each other?</li><li>• Are you willing to agree ground rules to build trust with your young person?</li><li>• Keep reviewing as young people grow up</li><li>• "Trust don't combust"</li></ul>

### Discussion point

It is important for trust and understanding – Online safety should be reviewed on a regular basis.



# Can I change my name?

**Who gives permission? It depends how old you are. Under 16yrs you need permission from everyone who has PR (Parental Responsibility) for you. If you are 16/17yrs old you can ask to change your name legally.**

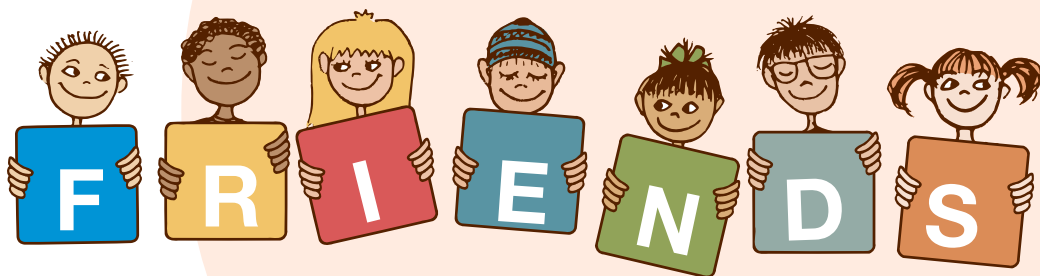
Young person to think about	Carers to think about
<ul style="list-style-type: none"><li>• Do you want to be “known as” a “nickname” or shorten your name ? that’s okay you can ask your carers or Social Workers to use your chosen nickname. Your full name will still need to be used on legal documents and passport</li><li>• Is the name is something completely different?</li><li>• Think about why you want to change your name - is it because you just don’t like your name, is it because you want to recognise a family name</li><li>• Who would you have to tell, will people have lots of questions, how will you explain it?</li><li>• Do you want to change your name because you want to change your gender identity, so identify as a boy or girl or perhaps neither seems right to you?</li><li>• If you are 16/17years and want to legally change your name then you can find out more about name changes via deed poll, there is usually a cost for this.</li></ul>	<ul style="list-style-type: none"><li>• If its a nickname can you discuss and all agree?</li><li>• Whatever the reason for wanting to change their name, the young person could be stressed, lonely, and feel like no one understands</li><li>• Listen, be supportive, can you have a conversation about why a name change is important, let them know you are there for them</li><li>• Get support from the Social Worker, or online</li></ul> <div><p><b>Discussion point</b> Talk about it, get some support if you need it. You can find out about the law and name changes on <a href="http://www.childlawadvice.org.uk">www.childlawadvice.org.uk</a> <a href="http://www.gov.uk/change-name-deed-poll">www.gov.uk/change-name-deed-poll</a></p></div>

# Other questions?

Can I...	Who can make the decision?
Can I have a tattoo?	<ul style="list-style-type: none"> <li>• Are you 18?</li> <li>• No – It is illegal for tattooist in the UK to give anyone a tattoo under the age of 18 (Tattooing of minor Act, 1969)</li> <li>• Yes – You can make your own decisions</li> </ul>
Can I join the army, I am 16yrs old?	<ul style="list-style-type: none"> <li>• Talk to your Social Worker and they will ask approval via Solutions Panel (this is made up of some of the Senior Managers)</li> <li>• Solutions Panel</li> </ul>
Can I get married? I am 16, 17 and I want to get married I have parental permission	<ul style="list-style-type: none"> <li>• Are you 18?</li> <li>• No – It is illegal for you to get married at 16/17yrs</li> <li>• This law changed in February 2023</li> <li>• Yes – You can make your own decisions</li> </ul>
Can I have unsupervised contact/meet ups with a family member or someone else?	<ul style="list-style-type: none"> <li>• When you become a child looked after your family time/ contact with family and friends is agreed, its important that you keep in touch with family and people who are important to you</li> <li>• But as you change and get older you can ask for this to be reconsidered at any time</li> <li>• Talk to your Social Worker or Independent Reviewing Officer (IRO)</li> <li>• Ask to talk about it at your Child Looked After (CLA) review meeting</li> <li>• Think about why you want this to change and what you would like instead</li> </ul>
Can I sit in the front of a car?	<ul style="list-style-type: none"> <li>• Your foster carer</li> <li>• The law says you need to be over 12 or over 135cm you can sit in the front</li> <li>• Consideration around what you feel is appropriate with the young person</li> </ul>

Can I...	Who can make the decision?
Can I go on school trips?	<ul style="list-style-type: none"> <li>• Your foster carer can sign consent forms for you if they have delegated authority.</li> <li>• If they don't have this, then talk to your Social Worker so they can help you get consent.</li> <li>• Abroad trips have to get agreement from those who have parental responsibility (PR) for you.</li> </ul>
Can I smoke or vape?	<ul style="list-style-type: none"> <li>• It's the law - You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes.</li> <li>• It's illegal for shops to sell you cigarettes if you are underage</li> <li>• and for an adult to buy you cigarettes if you are under 18</li> <li>• Electronic cigarettes, also known as e-cigarettes or e-cigs, vaping are not real cigarettes. But they're now illegal to buy if you're under 18.</li> <li>• E-cigarettes are usually made of plastic and metal and often contain a liquid. e-cigarettes are mostly used by people who are trying to quit smoking. It's a bad idea to use them if you don't already smoke as it could get you addicted to nicotine.</li> <li>• E-cigarettes are still quite new, so the research into how safe they are is still going on.</li> </ul>

Can I...	Who can make the decision?
<p>Can I drink or buy alcohol?</p>	<ul style="list-style-type: none"> <li>• The law can be complicated about alcohol so it's worth knowing what you can and can't do. The general laws are:</li> <li>• Under 5 It's illegal for a child under 5 to drink or be given alcohol</li> <li>• Age 14 You can go to a pub which has a children's certificate, but you can't buy or drink alcohol</li> <li>• Age 16 You can drink wine, beer or cider with a meal at a restaurant, but this isn't a right and you need to discuss this with your foster carer/parent, its unlikely they will agree</li> <li>• Age 18 You can buy alcohol, but remember it's against the law to buy alcohol for anyone under the age of 18. You could also be asked to show your identification, also known as ID to prove you're 18 or over.</li> </ul>



# Things to think about

Find out more about your Rights by going to [www.bracknell-forest.gov.uk/cypsupport](http://www.bracknell-forest.gov.uk/cypsupport)

Or if you need other support contact

## Help at Hand

You can reach them on 0800 528 0731 or [help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk) between 9am and 5pm, Monday to Friday



Individual adults come with their own ideas

You can find out more about your rights by going to [www.bracknell-forest.gov.uk/cypsupport](http://www.bracknell-forest.gov.uk/cypsupport) or visit [www.coramvoice.org.uk](http://www.coramvoice.org.uk)

People come from different circumstances and have different experiences around home life and what children think is normal.

What you're allowed to do when you are 10yrs will be different when you get to 15yrs. Keep the conversations going as you get older and build trust

Care plans can be changed and should be reviewed.

Under S20 the local authority does not have PR and we are unable to make decisions without your parents.

# If you're not happy, what next?

If you and your carers have discussed and can't agree, then you can consult your social worker. The answer might still be no, but you can ask why?

You can talk to your IRO (Independent Reviewing Officer) and ask to talk about it at your CLA (Child Looked After) review meeting. This is your meeting to talk about things that are important to you. You can contact your IRO in between meetings if you want to discuss something.

If you are unhappy about a decision that has been made or want support to have your voice heard, you can also ask for support from an Advocate. An advocate is independent (means they don't work for the council). They can help you have your say. They can also help you to make a complaint if you want to.

If you are still unhappy you can make a complaint.

Ask your Advocate, carer, Social Worker or IRO about making a complaint or visit

Visit [www.bracknell-forest.gov.uk/cypsupport](http://www.bracknell-forest.gov.uk/cypsupport)

To ask for an advocate speak to your Social Worker, Carer, IRO or contact the Participation Worker 01344 351 546 or visit [www.bracknell-forest.gov.uk/cypsupport](http://www.bracknell-forest.gov.uk/cypsupport)



National Advocacy Helpline

Website and online chat  
<https://www.nyas.net/safetynet/>

Freephone: 0808 808 1001

Email: [help@nyas.net](mailto:help@nyas.net)

Whatsapp: 07494788875

Text: text NYAS to 85258

