

# What adopted children would like teachers to know.

"Please don't ask me to bring in to school a 'baby' photo because I may not have one."

"If I need to be sent out of the classroom please do it in a respectful way as I have experienced the worse rejection ever."

"I often lose focus in class because I am thinking about my birth family or other things... oops I have just missed what the teacher has said so now I can not do the work ."

"You may not always notice that I am scared or anxious, and these feelings I experience most of the time when I am in school."

"I think and feel that my birth parents did not want me, although this may not be true, that is what I feel and sometimes it feels the same with teachers and other children."

"My body and stomach often feels uncomfortable especially if I hear an unexpectant sound and it takes a while for me to settle."

"I know my behaviours can be difficult but I need support, understanding and care, not detentions."