



Exercise: understanding post adoption contact and identity

Research message

There are four identified patterns of adoptive identity which are to some degree related to (but not determined by) contact with birth relatives.

Exercise

Read the practice briefing 'Post Adoption Contact and Identity', then **watch** the film clips of young people talking. **Consider** the following questions.

- What patterns of adoptive identity do you think these young people have?
- What impact do you think contact has had on this?
- What role do you think their adoptive parents have played?

Trainer's notes

The aim of this exercise is to increase practitioners' awareness of the complexity of contact planning and its relationship to adoptive identity, understanding more about the need to have individual plans for individual children and the role that adoptive parents play.