

Looked After Children & Young People - Being in care and rules where you live

Here are some questions from young people in care about behaving well and having to keep rules.

What can you do if you don't like the rules?

- Whether you live with a foster family or in a children's home, there will be rules about good behaviour.
- Different families always have different rules.
- If you feel a particular rule is unfair, you should discuss it with your carers.
- If you are still unhappy, you can raise it at your review or think about making a complaint ([see Reviews, and Complaints](#)).

Can your carers tell you off?

- Yes. You can be told off for behaving badly or breaking the rules.
- We will help you to behave well by telling you what behaviour is and is not acceptable.
- We understand that sometimes we all can behave badly because of how we feel or what has happened to us in the past, but we all need to learn to behave well and respect property and the rights of those around us.

What else can happen if you behave badly?

- You will be asked to talk about what has happened.
- You can be asked to give back things you have taken
- You can be asked to do extra jobs around the house to show you are sorry.
- Foster carers can use time out.
- You can be told to go to bed early
- You can be grounded
- If you were expecting treats, like a trip out or special food or an activity these can be delayed.

What does "grounded" mean?

This is when your carers tell you that you are not allowed to leave the home without permission, for example to go out with your friends or to an activity after school.

What will not happen if you behave badly?

Our foster carers are not allowed to:

- Smack or hit you in any way
- Not give you food or drink
- Stop you from having your arranged contact [Link to Contact with Friends or Family](#)
- Make you wear special clothes as a punishment, or make you take your clothes off if they think you have taken things.
- Not give you your medicines as a punishment, or give you extra medicines when you do not need them.
- Lock you in your room or in the home;
- Lock you out of your home;
- Stop you from sleeping or wake you early in the morning;
- Make you pay a fine (except when you have been to Court and been fined there)

What can you do if you do not agree with the punishments?

You should first talk to your social worker, but you can also talk to an independent person such as an independent visitor, a Children's Rights Worker, your solicitor or a children's advocate who will try and help you. (See Further Contacts page).

If you are still unhappy, you can also raise this at your Review [Link to Care Plans and Reviews](#).

How to complain if you are still not satisfied?

Yes, you may make a complaint - see the section on [Complaints](#).