

Wof!! No Chance!

I can't afford  
to send you to  
College

You'll never be good  
enough to do that

ha ha ha...  
What do you want  
to do?!!

Age 5



Superhero

Age 9



Doctor

Age 15



Worker in  
'Big Burger'

Adults have a lot of power in influencing how children and young people think, and on their hopes and expectations for the future.

Key messages from The Who Am I? Consultation carried out by Barnardo's Refer 2 Us group. For further info contact Rhoda Cassidy at 028 9067 2366 or [rhoda.cassidy@barnardos.org.uk](mailto:rhoda.cassidy@barnardos.org.uk) or visit the website [www.barnardos.org.uk](http://www.barnardos.org.uk)

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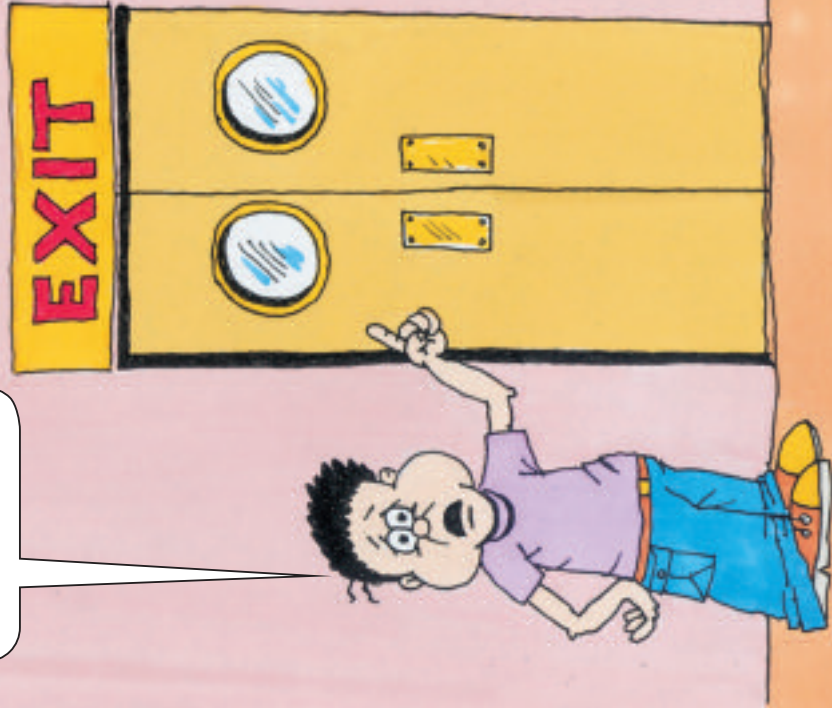
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I'VE BEEN TRYING  
TO GET IN HERE  
FOR HOURS!



Reading and writing is hard  
for a lot of children and  
young people and can make it  
harder for them to get what  
they want out of life.

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Health isn't Just About **Exercise**  
It's About Having A Friend or

Someone <sup>Who</sup> Will Listen To you.  
Talk About

It's About Taking Time To **TH** **HEAD**  
things. IF YOU <sup>Takes</sup> Care of <sup>your</sup>

**HEALTH WILL FOLLOW**

Younger children often don't see the connection between emotional well being and having friends, support and hobbies.

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WHAT A YOUNG  
PERSON SAYS AND...

DAD, WHAT DO YOU  
THINK ABOUT ME  
JOINING THIS FOOTBALL  
CLUB? I MIGHT MAKE  
NEW FRIENDS?



...WHAT AN ADULT  
HEARS!

DAD, BLAH! BLAH! BLAH!  
BLAH! BLAH! BLAH! BLAH!  
BLAH! BLAH! BLAH! BLAH!  
BLAH! BLAH! BLAH!



Most children and young people think that adults don't really listen to them and if they did that fewer children and young people would be bullied, feel lonely, be depressed, hurt themselves or take their own lives.

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WHO CAN WE ASK ABOUT OUR SEXUAL HEALTH THAT WON'T JUDGE US?

DOCTOR

CHEMIST

TEACHER

PARENTS

FRIENDS



Many young people are still not confident about accessing information or support about their sexual health. This is especially true for disabled young people.

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