

Adoption

My Adoption Questions and Choices

Teens 13+ | 10 to 15 minutes

You may have questions about adoption, family, culture, belonging, or none of these today. Feelings can be mixed or change over time. This page is yours to use selectively. You do not have to feel grateful, tell your story, seek contact, or explain yourself to other people.

Choose one question or feeling you want space for. Decide what to keep private and whether a safe person could help.

Choose your starting point

You might wonder about names, health information, traditions, family relationships, or how to answer other people's questions. Write what you know separately from what you have been told or are unsure about. You can leave blanks.

Choose support and privacy

Consider who listens without deciding your feelings for you. A request could be help finding reliable information or permission to stop an intrusive conversation. Any contact with family members needs attention to your wishes, safety, and actual circumstances.

1. What adoption-related question, feeling, or topic matters to me now?**2. What do I know, and what remains uncertain?****3. What information would I like to keep private or share by choice?****4. What support or question would I like to bring to a safe person?****Clinical use and adaptation**

Use adoption-competent, culturally responsive care. Do not assume trauma, attachment disorder, gratitude, or a wish for contact. Respect family complexity, racial and cultural identity, and the teen's language. Verify consent and privacy requirements; family contact decisions require individualized attention to safety and circumstances.