

I'm Wondering...



What is Adoption?

You might be wondering what adoption means and why adults sometimes talk about it when they talk about families.

Adoption is when a court decides that a child will legally become part of a new family.

This means the adoptive parents take on the legal role of parents and are responsible for raising and caring for the child. Adoption is a serious and permanent decision made by adults and the court.

Some things adoption can involve

Adoption might mean:

- Living permanently with adoptive parents
- Adoptive parents making big decisions about your life
- Having the same last name as your adoptive family
- Changes to legal documents like birth records

Every adoption situation can look different.

Here's one way to think about it:

Adoption changes legal parenthood, but it does not erase a child's history or where they come from.

A child's story, culture, family connections, and memories still matter.

Who you are and where you come from will always be part of you.

One thing to remember:

Adoption changes legal roles, but it does not change your worth or erase where you come from.

You are not in trouble for wondering about this.

How some children might feel?

- comforting
- confusing
- exciting
- sad
- unfair
- like lots of feelings at the same time
- All of these feelings are allowed.
- Many children feel both happiness and grief when big family changes happen.

For adults supporting this child

- Avoid presenting adoption as a rescue story.
- Acknowledge both belonging and loss.
- Protect the child's connection to their identity, culture, and history.
- This page is about permanence and respect for a child's story.

If you want to...

- If you want to understand how adoption works for you, you can ask questions.
- If you want to talk about family, belonging, or your story, you can do that.
- If you don't want to talk about it right now, that's okay.
- You are allowed to take time to understand your story.