

I'm Wondering...



What are the Standards of Care?

You might be wondering... what “standards of care” means

Standards of care are rules adults must follow to make sure children in care are treated fairly, safely, and with respect.

They are not rules for children.

They are rules for grown-ups

Some things the standards of care say children should have

Children in care should have:

- Safety- To be protected from harm and to feel safe where they live.
- Care and support- To be looked after by adults who try to understand them.
- Health care- To get help with physical health, mental health, and emotional wellbeing.
- Education- To go to school, learn, and get help if learning feels hard.
- Belonging and identity- To stay connected to family, culture, community, and personal history.
- A voice- To be listened to and taken seriously when sharing thoughts or feelings.
- Respect- To be treated kindly and not talked down to.

Here's one way to think about it:

Standards of care are like a promise adults make that says:

“This is how we will look after you.”

They help make sure children in care get what they need, not just what is available.

One thing to remember:

Family time is important, and so is your safety.

You are not in trouble for wondering about how this works.

How some children might feel?

- Confused
- Upset
- Things are Unfair
- Like things have been taken away
- Like you don't belong anywhere
- Different at different times

All of these feelings are allowed.

For adults supporting this child

- Explain standards in child language.
- Do not frame care as a privilege that can be taken away.
- Link standards to everyday experiences the child recognises.

This is about rights, dignity, and accountability — not compliance.

If you want to...

- If you want to know what you should be getting, you can ask.
- If something doesn't feel right or safe, you can tell someone.
- If you feel like you're not being listened to, you can talk to a trusted adult.
- If you don't want to talk right now, that's okay too.
- You don't have to explain things perfectly to be heard