

Helping Adoptees Respond About Adoption



It's important to teach your child that they get to choose what to share about their adoption. Here are 4 choices they might make if asked about their adoption (from Wise Up Powerbook). Also, listening to what questions adoptees are having about their adoption over time can help give them information that they can choose to share or not. Giving simple answers, especially when they are younger, can help as they may try to repeat your answers to their peers.

Walk Away

You don't have to answer a question about your adoption that you don't want to. You could just walk away or choose to ignore the question. Some things that might affect your decision is what the question is, who is asking, who else is around and how they are asking. Maybe you don't know the answer and that is ok.

It's Private

Just because someone asks a question does not mean that you need to answer it. You have the power to say, 'no, I don't want to answer that.' You might choose to say 'that is private and I don't want to share that.' Or you might change the subject.

Share something

You might choose to share some part of your adoption story depending on what the question is, who the person is who is asking, and how comfortable you feel, The choice is yours!

Educate

You might decide to share correct information about adoption and help them understand a situation that they have not experienced. You might share that there are around 7 million adopted people in the US, or that there are several types of adoption: domestic, international, infant...