



# SHARING YOUR STORY AS AN ADOPTED TEEN



## REFLECT ON YOUR FEELINGS

Before sharing your story, take some time to reflect on your own feelings about being adopted. Consider how you feel about your adoption, your birth parents, and your adoptive family. Understanding your emotions and processing them can help you feel more confident and prepared to share your story.

## HAVE SUPPORT

It's essential to have support in place when sharing your story. This can be a trusted friend, a family member, or a therapist who can offer emotional support and guidance. They can help you process any emotions that arise and provide you with a safe space to discuss your feelings.



## CHOOSE YOUR AUDIENCE

Think carefully about who you want to share your story with. It could be close friends, trusted family members, or supportive adults who you feel will understand and respect your perspective. Consider the relationship you have with the person or group you're sharing with, and how comfortable you feel opening up to them.

## BE PROUD OF YOUR STORY

Your adoption story is unique and something to be proud of. Embrace your story as a part of your identity and understand that it does not define your worth or value as a person. You have the right to share your story in a way that feels authentic and empowering to you.



## TAKE YOUR TIME

Sharing your story is a personal decision, and you are not obligated to do it right away. Take your time and only share when you feel ready and comfortable. It's okay to change your mind or decide not to share your story at all, and that decision should always be respected.