**Glossary of words and phrases used in foster care**

**Care Plan** A plan about who you live with and where. Also what might happen in the future

**Contact** A time to see your family

**LAC review** A meeting to check your care plan is working

**Looked after child (LAC)** Children and young people in foster care

**Leaving care** Moving out of care when you are an adult

**NEET** Unemployed or not in training or in education

**Pathway Plan** Planning for when you move out of foster care as a young adult. Plans for where you will live, go to college or work, and who will help you

**PEP** A meeting to talk about how you are getting on in school and any help you might need

**Permanence** Your home until you are an adult, without disruptions

**Respite** Somewhere you can go so you and your carers can have some time apart

**Emotions** Feelings like happy, sad and angry

**Emotional regulation** Changing how you feel, calming down, cheering up, behaving differently

**Self-worth** Knowing what’s good about me. What I’m good at, what other people like about me, what I’m getting better at

**Anxiety** Thinking something bad might happen or has already happened