research in practice

Supporting transitions for young people leaving care

Leaving care should make care-experienced young people feel supported, confident and ready for the future, however their journey can vary considerably depending on their reasons for entering care and their experiences within the care system. This can understandably impact upon their transitions from care and their continued journey into adulthood.

This selection of learning resources about leaving care can be used to support evidence-informed practice with children, young people and families.

Read

Longer read: **Expressions of self: supporting minoritised children's identity: Frontline Briefing (2024)**

Short read: **Improving services for care leavers: Coram Voice and the New Belongings programme: Blog (2023)**

Longer read: **The wellbeing of children in care and care leavers - learning from the Bright Spots Programme: Strategic Briefing (2022)**

Longer read: **Bridging the Gap: Transitional Safeguarding and the role of social work with adults – Knowledge Briefing (2021)**

Longer read: **The Care Experienced Conference 2019 - What's happened since?: Strategic Briefing (2021)**

Longer read: **Care leaver transitions: Strategic Briefing (2017)**

Tools

Supporting children and young people who identify as LGBTQ+: Frontline Briefing (2025)

Trauma-informed approaches with young people: Frontline Briefing (2018)

Enabling and embedding creative participation in child and family social work: Practice Tool (2022)

Listen

2x 18-30 minutes: **Reflections on accessing care records and supporting good recording: Podcast series (2021)**

3x 40 minutes: **Supporting the mental health and wellbeing of care leavers: Podcast series (2024)**

Watch

32 minutes: **Risks, Resilience and Relationships: Safeguarding adolescents into adulthood (2020)**

1 hour 11 minutes: **What matters to children in care and care leavers' wellbeing: learning from the Bright Spots programme (2022)**

Supporting young people to stay connected to the people who matter: Video learning resources (2023)

12 minutes: **Collaborative working to support Transitional Safeguarding (2023)**

Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in 'Your CPD'.

For more resources, explore the **children in care** and **transitions topic pages**.

All resources are date stamped. We aim to regularly review and update content across our extensive catalogue of materials as often as capacity and resource allows.