

ROAR!



Written and illustrated by

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THE UNIVERSITY OF
SYDNEY

This resource was developed by the Research Centre for Children and Families as part of the ARC Linkage project Fostering Lifelong Connections for Children in Permanent Care (LP180101332).

The project is a partnership with the NSW Government and seven out-of-home care agencies to trial practices that support children to sustain ongoing connections to family, culture and community. Young people, carers and family members with personal experience of out-of-home care have contributed to the project reference group as experts-by-experience. All resources created as part of the project are available from the Research Centre for Children and Families website.

For more information contact:

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This book is designed to be read alone
or with a trusted adult.

If you are the trusted adult, please
check out this adult's guide to get
the most out of this book.

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Born in the jungle,
my family's **tough**

We're fun in the good times
and brave when it's rough





But when I don't really
feel **safe** anymore



Big feelings grow **bigger**


and soon I feel...





ROOOO

00AAAAR!




Over time I can learn
to love a new place...

*(but it's tough when there's roar
on your fur and your face)*

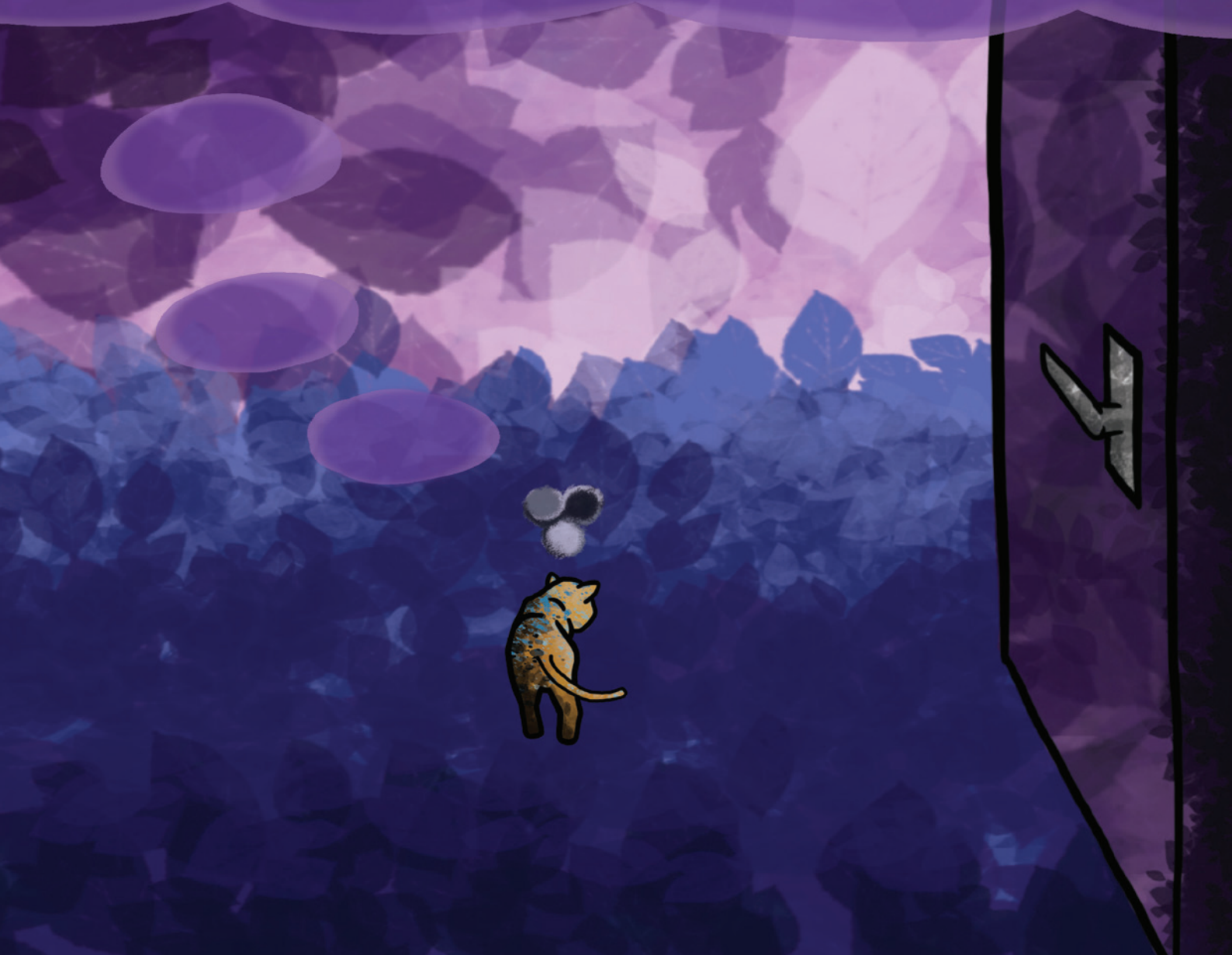






**I'm glad, sad, and mad
and I'm ready to spring**

I'm strong, so I always



feel more than one thing





A B C D E
F G H I
J K L



On the surface I'm calm
and goofing around

But inside those feelings
are still mixing round



AB CDE
F GHIJ
K L MNO
P Q R
UV W





Even just one tiny
bad feeling more...



Big feelings grow **bigger**

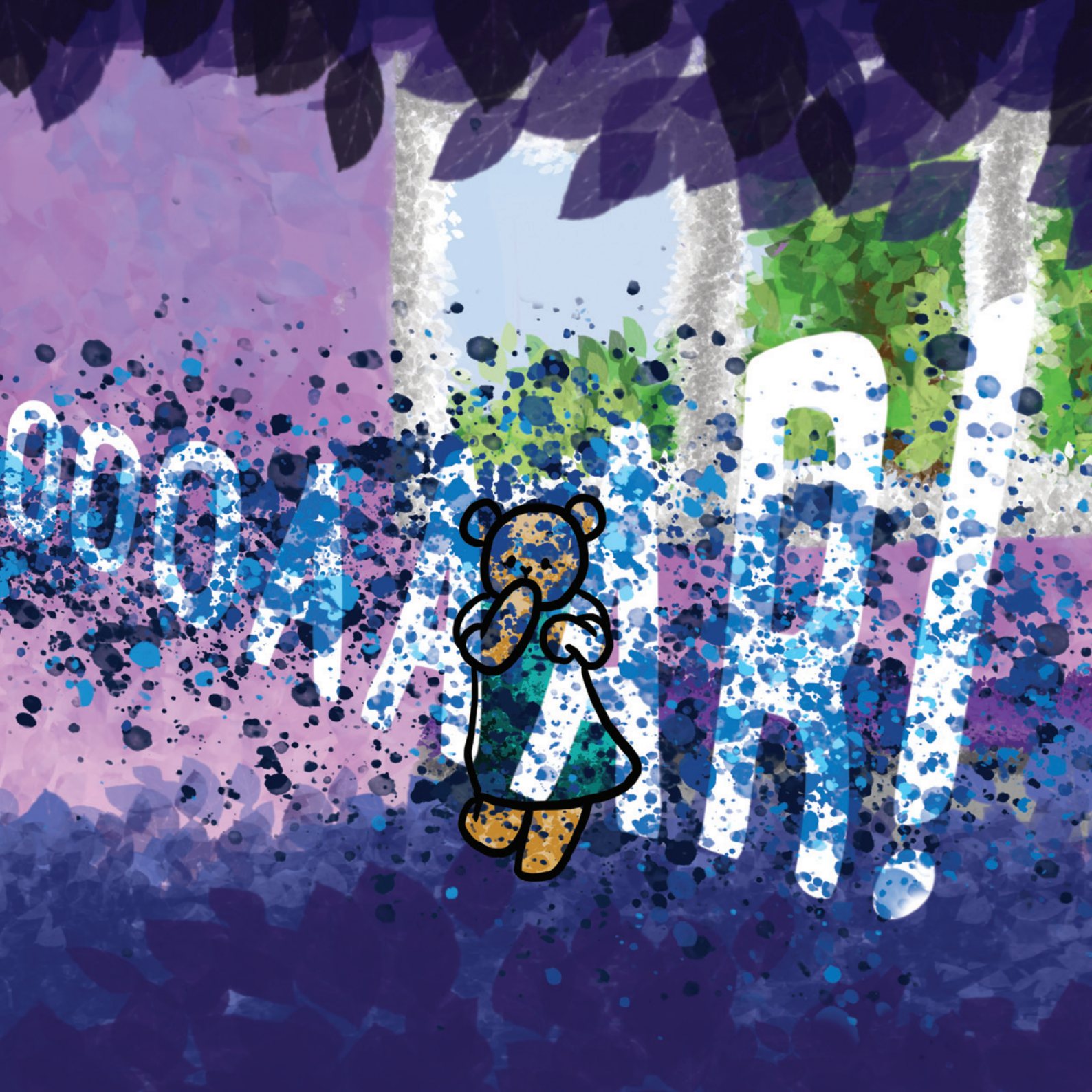
and soon I feel...


AB C D E
F G H I J
K L M N O
P Q R S T
U V W X Y Z

L

rooo








Sometimes even when
things seem fine,

I still just don't feel
safe inside





And when I remember
something that's **SOre**



Big feelings grow **bigger**

and soon I feel...





AD0000





Kids are allowed to make
lots of mistakes

And I have some good ways
to deal with those aches





1... 2... 3... 4...

Like breathing real slow
and counting to ten

5... 6... 7...




Until my paws
can *relax* again



8... 9... 10...



The background of the image is a dense field of dark green leaves, possibly basil, with a bright green light source on the right side. The text is centered in the middle of the image.

**I tell all the adults
as much as I can**







About what feels best
when I'm with my clan

Remembering
times that were
sad or were fun





Big feelings grow **bigger**

and soon I feel...





1

...



2

...



4

...



5

...



8

...

3...

6... 7...

9... 10...



1

...



2

...



4

...



5

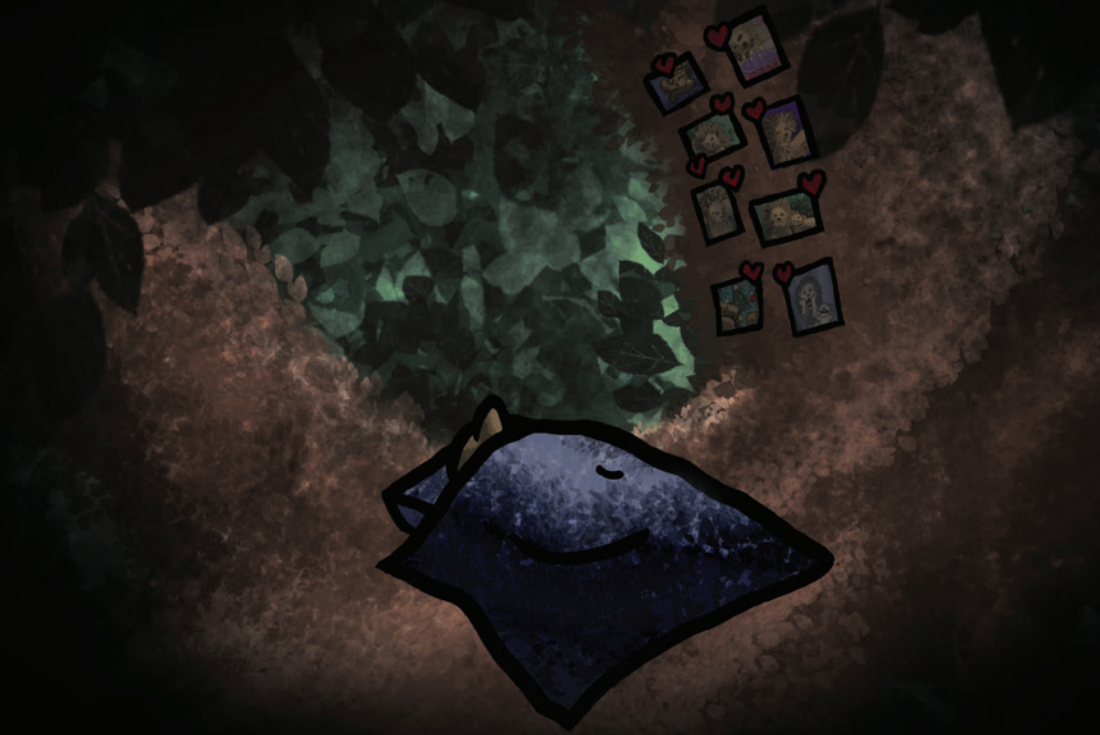
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Author's Message

My name's Billy Black, and I grew up in care. When I was young, adults told me what to do. They told me when to change schools, who to visit and where, and what to work on.

They told me "don't yell" a LOT. But they didn't understand I wasn't *choosing* to yell. Yelling just came out of me every time bad things happened, and sometimes when good things happened too, just because my brain was waiting for bad things to happen again.

One time I was on my way to a new home far away, and I was so sad and angry I couldn't talk. My caseworker told me something very powerful:

If you ever really can't stand what's happening,
you have to tell your new caseworker

"I don't feel safe"

It's a magic phrase that makes adults drop everything
and really listen and try to help you.

That magic phrase changed my life! Yelling only came out of me when my brain wasn't feeling safe and was waiting for something bad to happen. When I had more say in my life, I could ask to do something different, like find a quiet room, breathe, count, read, and play games, to give my brain time to relax and see that nothing bad was happening.

With less yelling and more talking, adults became surprisingly helpful! The more I asked for what I wanted in my life, the safer my brain felt, and the less I yelled. I hadn't realised I was supposed to have a say in a LOT of decisions adults had made for me.

If there's a family member you want to see more, you have the right to ask. If you want a certain school or teacher, or to video chat with your siblings every day, or see a previous carer, you have the right to ask. Adults can't always make this stuff happen, but if it makes you feel safer, they have to at least try!



*Billy
Black*

If you're having similar problems to the cub in Roar, I want you to try the following:

Remind your adults, "I'm not choosing to be "bad", it just happens when my brain gets too many big feelings, and it happens to you, too"

If you really can't stand what's happening, tell your adults "I don't feel safe". That phrase might sound weird the first time, but it really works, and it works double on caseworkers, teachers, and therapists. Trust me.

When you want to change something in your life, tell your adults, "Something that would make me feel safer is...", and include big decisions like school, family, and what happens daily. It's your life, so you definitely get a say!

Photos and other special objects help you keep track of your life and important relationships. You're allowed to fill your room with photos of all your favourite people, so if you don't have enough photos, ask your caseworker for more.

Our adults can't make everything we want happen, but if you ask for something that makes you feel safer, they have to at least try. You'll be surprised how often they come up with a good idea even when we ask for something impossible.

Plus, the more you ask for, the more adults find out what's important to you (so don't worry about asking for too much, they can handle it!)



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[https://www.sydney.edu.au/arts/our-research/centres-institutes-and-groups/
research-centre-for-children-and-families.html](https://www.sydney.edu.au/arts/our-research/centres-institutes-and-groups/research-centre-for-children-and-families.html)

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