

What Children and Youth in Foster Care Want You to Know

- If we have to move, tell us why.
- Don't let foster parents pack our stuff without our permission.
- Don't let foster families tell other people, even relatives, about our background (e.g., the things they read in our file).
- Don't read our files and think you know us.
- We need to be more involved in the decisions affecting our lives.
- Inform us of our rights; about our case; of our court dates and the purpose of each hearing; who our attorney is and how to reach him/her.
- Let us practice our religion, no matter what it is.
- Help us stay in touch with our brothers and sisters.
- Help us with our problems; don't just medicate us.
- Give us more positive encouragement; stress what can be done and help us do it.
- Treat us with respect, like we are of importance.
- Respect our cultural and family values.
- Don't expect us to be perfect.
- Encourage our goals no matter how idealistic they may seem.
- Don't assume anything is unrealistic.

Compiled by Sue Badeau, Executive Director of the Philadelphia Children's Commission, from focus groups, interviews and meetings with foster youth. Used with permission.