

# CHILDREN AND YOUTH IN CARE WANT YOU TO KNOW...

- Being in foster care does not define who I am.
- I need positive encouragement, assurance, and affirmation.
- I need a warm welcome to feel safe.
- I want to be included and have a voice in the decisions affecting my life.
- If I have to move, tell me why and include me in the process.
- I want to be treated with the same respect you show your own child.
- Being away from everything I know and care about is hard. Try to understand and validate me. Don't expect me to be perfect.
- If I seem sad or depressed it is understandable; I just experienced a major change in my life and need to adjust to many things over which I have no control.
- It is important to me to maintain connections with my family, friends and community. These ties are vital to me adapting to foster care and helping me feel safe and secure.
- My family picture may not look like yours, but it still deserves respect.
- My family ties are as important to me as yours are to you.
- Don't speak badly about my parents. I want you to help and support them so I can go home.
- My faith and religious beliefs are part of who I am and should be respected, even if they differ from yours.
- Encourage my goals, nurture my desires and support my dreams!

## TRAUMA INFORMED care

### POSITIVE YOUTH DEVELOPMENT

*Developing resilience, imparting hope, promoting success!*

For more information, call (321) 752-4650  
or visit [www.fpocf.org](http://www.fpocf.org).



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*A Dynamic Community*

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