

## What you can expect from **your social worker** – he or she will:

- Explain why you are in foster care and what can be done to correct the problems so you can go home or somewhere else.
- Make arrangements for school, medical care, therapy and other support for what you need.
- Meet with you regularly to keep you updated and give you a chance to tell your social worker what you need, if you have concerns or if you just want to talk.
- Most of all, listen to your concerns – you should expect to be helped and to be heard.



Hennepin County Children, Family and Adult Services Department

A project of the Hennepin County Board

*Hennepin County does not discriminate on the basis of race, color, creed, religion, national origin, sex, age, disability, marital status, sexual orientation or public assistance status. If you believe you have been discriminated against by Hennepin County, contact the Human Resources Department, A-400 Government Center, Minneapolis, MN 55487-0400; 612-348-3562 or TTY 612-348-3770.*

## Important Phone Numbers

**Youth Law Project** (Free lawyers)  
612-827-3774

**Walk-In Counseling Center**  
612-870-0565

**The Bridge**  
(Crisis shelter and counseling for youth)  
612-377-8800

**GLBT-KIDS**  
(Gay, lesbian, bisexual, transgender)  
1-877-452-8543

**First Call for Help** (Free referrals)  
612-335-5000

**Face to Face Counseling** (St. Paul)  
651-772-5555

**CLUES**  
(Chicanos Latinos Unidos En Servicios – support for Latino youth)  
612-871-0200

**African American Family Services**  
(Support for African American youth)  
612-813-0782

**StreetWorks**  
(Youth outreach services)  
612-252-2735

**Foster Care Ombudsman** (Hennepin County)  
612-348-4111



# YOUNG PEOPLE'S Rights

## IN FOSTER CARE

You have the right to what every person needs and deserves: enough food, clean clothes, a clean bed, safe housing and caretakers who will listen to you, help you and not judge you.





## In foster care or shelter

A foster home, like any home, is a place where it should be **safe to be yourself** – a place where you can talk about anything important to you. It should be a place where your foster family can nurture and support you, and help you to deal with both good and hard things in your life. We expect that foster parents should be understanding and easy to talk to.

As part of your parents' case plan or your out-of-home placement plan, you should be able to have contact with family or friends unless it is seen as unsafe or unhealthy. This contact can be visits, phone calls or mail.

Youths in foster care, like any other kids, should feel safe from any kind of abuse – physical, emotional, sexual or verbal. You don't have to be touched or hit in any way to still feel abused; words can hurt a lot and change how you feel about yourself.

# YOU

*You have the right to your heritage and a community that supports your religious, racial, cultural and ethnic identity, as well as your sexual orientation and gender identity (gay, lesbian, bisexual or transgender).*

*You have the right to live with people who support any community you're a part of, whether they belong to that community or not. You should never be put down or abused for being a part of any of these communities of support.*



if you are experiencing abuse; are being put down, teased or harassed; or if you feel you are being treated unfairly, please let us know. Call your worker or his or her supervisor. We want you to feel safe!

## Your workers:

### Child Protection Worker

name \_\_\_\_\_

phone number \_\_\_\_\_

### Child Protection Worker's Supervisor

name \_\_\_\_\_

phone number \_\_\_\_\_

### Child Services Worker

name \_\_\_\_\_

phone number \_\_\_\_\_

### Child Services Worker's Supervisor

name \_\_\_\_\_

phone number \_\_\_\_\_