



## Youth In Care

### “Bill Of Rights”

As a child or youth living in out-of-home care, you deserve the same opportunities as any other child. This includes the opportunity to participate in age appropriate extracurricular, enrichment and social activities as well as:

- To be treated with respect, love, kindness, patience, understanding and to be reminded regularly of your potential and ability to succeed.
- To live in a safe, healthy and comfortable home with the freedom to be a child, the encouragement to grow and develop, and to continue connections with safe friends and family whom you already have a relationship with.
- To have regular meals, wear clean clothes and have things to call your own.
- To regularly visit your doctor, dentist or specialist as needed and to receive prompt care when you are sick, injured or need medical attention.
- To have resources and people to answer questions about your case. To have copies of important documents and to be an active influence on the outcome of your life.
- To have a Life Book to record your achievements, memories and life story.
- To have those who are responsible for your care continuously work to find you permanency.
- To attend the religious services of your choice.
- To enjoy the milestones of maturity, such as spending time with friends, school sports and clubs, attending school events, managing personal finances, getting a job, driving, social networking and becoming an independent and contributing member of society.

**Childhood only happens once**