

# Rights and Responsibilities

## *What are the rights and responsibilities ...Of youth?*

Listed below are some of your rights and responsibilities while in foster care:

- To be protected from physical, emotional and sexual abuse and/or neglect.
- To be placed in a substitute care setting that can best meet your needs.
- To be told why you came into foster care and why you're still in foster care.
- To be placed with siblings, if at all possible, unless it's not safe.
- To visit and talk with biological parents, siblings, relatives, and other individuals important to you unless restricted by the court and/or DHHS or if you don't want to do so. Many factors are taken into consideration about visits.
- To learn about and participate in court reviews and case planning conferences. You can attend these reviews/conferences or you can have input by writing or calling your caseworker.
- To receive honest information about the decisions the DHHS is making that affect your life.
- To be listened to, respected and heard; and to listen to, respect and hear others.
- To have visits and talk privately with your caseworker at least once every month.
- To be able to talk with an adult you trust about any type of abuse or neglect by your biological parents, foster parents, other caregivers or any other person.
- To work with your social worker and care provider to make rules and to responsibly follow them.
- To help make a visitation plan.
- To keep scheduled appointments or if you need to cancel, call ahead of time.
- To get regular medical, dental and eye exams.
- To be placed in the least restrictive setting that will meet your needs.
- To participate in religious, cultural and other activities.
- To have information in your individual and family case kept confidential.
- To go to school.
- To have privacy and to respect others' privacy.
- To write a formal complaint to DHHS about any services with which you are unhappy.
- To have a plan for a permanent family within twelve months of coming into custody and to take part in developing and committing yourself to this plan.

*...Answers for youth in care, by youth in care*