

# UNDERSTAND YOUR RIGHTS IN FOSTER CARE

AS A CHILD/YOUTH  
IN FOSTER CARE,

I have the right to  
the following...



## Physical, Mental, and Emotional Health

- Get **appropriate medical and dental care**.
  - Including psychiatric, psychological, & counseling services, diagnosis & treatment
- Have **delicious, nutritious foods** & given only needed medications.
- **Not be exposed to secondhand smoke** at home.
- Protected when my **history & confidential info is shared**.

## Safety and Discipline

- Be placed in a home I feel safe in, **free from being treated poorly** by any person.
- **Will not be harshly disciplined or punished**.
- Be given an **explanation of why I am being disciplined**.



## Education

- Have the **opportunity to attend school** and to **keep up with course work** in order to graduate with my class.
- Ensured the **same school is attended** even if placed in multiple settings, when possible.
- Be **assisted with the process of exploring educational opportunities** after high school.
  - Assistance from CSFD staff, foster parents, and others

## Normalcy

- Participate in activities with friends and peers.
- Be able to make **major decisions about my life**.
- Be **supplied with clothing** that I like.
- Keep my **personal belongings, including clothing** after a change of placement or exiting care.



## Contact with Family & Visitation

- Be placed with **other siblings also in foster care** whenever possible.
- **Provided information and regular updates on my birth parents**.
- **Regularly visit siblings** in different placements or those living with birth parents.
- Be given an **explanation** to times I cannot make visits.

## Privacy and Personal Space

- Be given my **own space at home**.
  - Have a level of privacy, like being able to keep a personal journal and make private phone calls
- **Have enough space** to store clothes and belongings.
- Be able to **open a bank account**.
- Be able to **keep all the money I earned and received** as a gift.



## Religion, Culture, and Identity

- Have the **freedom to voluntarily practice my religion or tribal ceremonies**.
- Ensured that my beliefs and practices are **respected by foster parents or agency**.
  - Includes but is not limited to **dietary restrictions or needs, participating and non-participation in activities**
- Have the **freedom to identify and dress** based on my own identity and beliefs.



## Court and Case Planning

- Be given an **explanation on why I am in foster care**.
  - Also **court process, reunification, permanency plan**
- **Provided an explanation of any restrictions** placed by the court or as part of my treatment plan.
- **Attend hearings and meetings** where my **physical, mental, and emotional health** are being discussed.

## Express Concerns About Treatment or Care

- I am able to **report to people involved in my case** anytime I believe any of the above **have not be followed**.
- I will **not be punished** for making these reports.
- I have the **ability to notify** CSFD staff, the judge, CASA/GAL or the Foster Care Ombudsman if **someone is hurting me or acting inappropriately**.



## Transition Planning

- Be provided a **copy of my credit report** every year (age 14 and older).
- Be **taught short- and long-term goal planning**.
- Get an **explanation of medications, medical needs, and medical history** by a medical professional.
- Be provided my **birth certificate, a copy of my medical records, driver's license or ID issued by the State of Montana**.