Talking to Youth in Foster Care
Tips from youth in care about providing sexual and reproductive health services to youth in care

Slow down
We know you’re busy! Tell us how much time you have so we can prioritize. Give us a contact for questions after the appointment.

Use our names
Ask and use our preferred names. Make a note so we don't have to keep correcting.

Give us options
We’d like to hear options for care. Tell us about sources of information, other providers, or approaches.

Involve us
Ask us about our past experience and understanding. Give us different ways to learn about our own bodies. Ask us for inputs on tools.

Avoid assumptions
Ask about our experience and understanding. Clarify as needed. Have different staff check-in with us.

Keep us safe
Get consent. Read non-verbal cues. Avoid unnecessary escalation. A lot happens to us we can't control. Help us own our own bodies and health.

From us, for us
https://fosterreprohealth.org