

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.