

# Connect, Restore, & Resurface

As youth, we struggle with many different things, from learning to fit into society to figuring out who we are as a person. Here are some important tips that will help you connect and engage better with youth as a caseworker. We believe that improving these relationships will help us become more independent, thrive as a people, and help us build strong, healthy relationships with others.



## Tips for Caseworkers:

### Respect

Respecting me means that you accept me as I am. As a caseworker, please be mindful of the language you use to refer to me, my family, and my situation. I am more than just a foster kid, a runaway, or a case number.

### Communicate

You're the expert in this field, I'm not. So, talk to me. Keep me informed. I feel worried, confused, and not part of my team when I don't hear from you.

### Prepare Me

Talk to me about what happens while I'm in care and the challenges I may face. Prepare me for court, allow me to actively participate in my case plan, and support me in successfully exiting care.

### Build a Relationship

I'm not a file or piece of paper. I am a human. Get to know me for me. I want to know you as well, even if I may not always show it.

### Acknowledge, Learn, & Understand Diversity

Acknowledge me as an individual. Learn about the things that are important to me, my triggers, and where I need the most support.

### Be Honest

Remember as adults that your words and actions directly impact my life. Also, be honest with me. Leaving me in the dark about decisions is stressful. Feeling that you are not being honest with me (good or bad) hurts.

### Understand Me

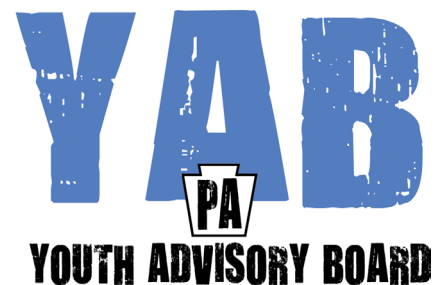
Try to hear and understand things from my perspective. These are my experiences, don't take my words personally.

### Connect Me

Even though I am in care, I will not always be. I need to have real-life experiences along with knowledge and access to resources to help me thrive. Connect me to learning experiences, tools, and resources that will help me navigate the system and adulthood.

### Hear Me Out

Everyone makes mistakes, I will too. Be patient with me. Remember, we may not agree with each other regarding the plan for my life, however, let's be open when we communicate and work together.



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