# Your Rights to "Normal" Activities While in Foster Care.....

Through federal legislation, HR 49-80, Preventing Sex Trafficking and Strengthening Families Act, states are required to support:

- Reasonable and Prudent Parenting Standard
- Normalcy for youth in care
- Increased Permanency efforts

### What you need to know about normalcy while in foster care:

Normalcy means allowing you to participate in activities that are accepted as reasonable for all youth of the same age and/or developmental level.

Normal activities include:

- Extracurricular activities
- Enrichment Activities
- Cultural Activities
- Social Activities

## What you need to know about Reasonable and Prudent Parenting Standards:

This new legislation allows State
Agencies (OCFS) to release some of the
day-to-day decision-making to foster
parents and residential providers and
allow them to make decisions about
your daily care and activities, just as any
other reasonable parent would.

In other words...Your foster parents can make yes or no decisions about regular day-to-day stuff, like going on a field trip, spending the night at a friend's house, getting a haircut, or being on the ski team, without having to ask your caseworker first.

Remember though... Your foster parents may still need to talk some decisions through with your caseworker, so the sooner you ask for what you need and want—the better!

OCFS wants you be able to grow up in a way that is consistent with your peers who are not in foster care.

### What you need to know about Permanency:

This new federal legislation highlights even more the importance of life-long permanent connections for youth by:

- Allowing you to invite 2 support people of your choosing, to your FTM's and case planning meetings.
- Requiring States to include youth, beginning at age 14, in Family Team Meetings, Court Hearings, and all case planning.

#### How can YOU make sure you get to do things that you like and want to do?

- Read the Youth in Care Bill of Rights
- Be clear with your foster parents and caseworker about your wants and needs
- Attend your Team Meetings and be involved in developing your case plans
- Be responsible