

# SUPPORTING FOSTER YOUTH TIPS

Here is a short list of ideas to consider when supporting foster youth. To see the accompanying presentation, go to <https://robertkaplinsky.com/5struggles>.

## Intersectionality

- While foster care is never easy, students who are female or non-binary, are students of color, or LGBTQ+ may face additional struggles.

## Behavior

- Students may misbehave as an attempt to get any kind of attention.
- More love may be more helpful than more discipline.
- Especially true during holidays as differences are emphasized.
- If you decompress from work when you get home, what about foster youth who go back to a place that might be even more challenging?

## Relationships With Adults

- Teachers might be the most safe and stable adult relationships in their lives.
- Your simple gestures can go a long way.

## Relationships With Peers

- School may feel safer than home... and school doesn't always feel safe.
- Traumas foster youth experience may impact their social skills.
- Making friendships is hard if they feel self-conscious and embarrassed.

## Academics

- They are more likely to change schools, especially during the school year and likely lose academic progress.
- They come from environments where studying is often challenging.
- Give foster youth every available opportunity and accommodation to catch up.