



## OFFICE OF THE FOSTER YOUTH OMBUDSPERSON

### WHAT IS A RIGHT?

Rights are laws that describe how people should be treated. They ensure that you get what you are entitled to. Rights also protect you when needed. Foster youth have extra rights that are specific to being in foster care of the state of Minnesota.

### IF YOU HAVE A CONCERN ABOUT YOUR RIGHTS:

If it is safe and comfortable, you might think about talking to:

- Your social worker
- Your Guardian ad Litem
- Your attorney
- A trusted adult or family member

If you don't know who to talk to, or what next step to take, contact us! Foster youth are encouraged to reach out to us directly.

### WHO WE ARE

We are an independent agency that addresses concerns about the rights, care, safety, and placement of people currently or recently in Minnesota foster care.

Our job is to determine whether you have been treated fairly and that your rights have been upheld.

### CONTACT US

 [info.oofy@state.mn.us](mailto:info.oofy@state.mn.us)

 651-946-2940

 <https://mn.gov/oofy>

### SCAN FOR FAQ



# HAVE THE RIGHT:



To stay connected to family and kin, including rights:

- To visit and communicate with my family according to my case plan.
- To ask the court to consider someone as a placement option for me.



To have:

- My own clothes and personal belongings.
- Shelter and privacy, including my own bed.
- Healthy food & drink.
- Medical, mental health, & dental care, including a physical exam every year.



To:

- Stay in the same school if it is best for me, and get transportation to my school.
- Get a copy of my health and education records if I am 14+ and I leave foster care.



To participate in:

- Spiritual & religious practices.
- Extracurricular, social, or cultural activities.
- The daily life of my foster family, including eating meals and participating in activities.



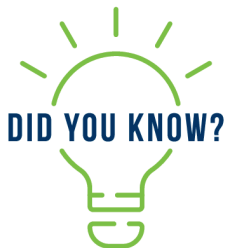
If I am 14 or older:

- To provide input on my independent living plan and get support to prepare for my transition to adulthood.
- To pick two people to be on my permanency team.



To be free from:

- Physical discipline or verbal abuse.
- Withholding of my basic needs.
- Restrictions on my communications with others as a punishment.
- Being punished for other's behavior.



These are just some of your rights!

Minnesota also has a separate Sibling Bill of Rights!



SCAN ME!



MINNESOTA

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