

## Voices of Youth with Foster Care Experiences – Pre-Zoom

Prior to attending the Zoom session, watch the selected video which exemplifies youth resilience and consider the discussion questions that follow.

**Quijai Johnson - Former Foster Youth, California Youth Connection**

<http://centervideo.forest.usf.edu/video/qpi/2019nationalconf/impactofextracurriculars/start.html>

*As you watch the video, consider the following:*

- How does Quijai align with or conflict with your views of a young adult with foster care experiences?
- What did Quijai teach you about youth who experienced childhood trauma?
- What seems to have helped Quijai develop resilience?
- What role did other's play in Quijai's resilience?
- What could you do as a social worker do to nurture and promote resilience in youth?