



Department of Health and Human Services  
Division of Children and Family Services  
**Nebraska Foster Youth Bill of Rights**

### Nebraska Foster Youth Bill of Rights

- I have the right to be treated with respect.
- I have the right to be safe and well cared for.
- I have the right to be who I am.
- I have the right to lifelong family connections.
- I have the right to safely visit my family.
- I have the right to be fully informed about what is happening to me.
- I have the right to adequate health care, including mental health care.
- I have the right to a good, stable education.
- I have the right to permanency.
- I have the right to safely visit my family.
- I have the right to know when court hearings are scheduled and to attend hearings regarding my care.
- I have the right to receive skills, knowledge and resources needed to be a successful adult.
- I have the right to receive a credit report annually.
- I have the right to seek assistance if these rights aren't being met.

### Nebraska Foster Youth Responsibilities

- I am responsible for my choices, decisions, actions and behaviors. I understand that I make the biggest difference in my life.
- I know I will make mistakes but I hope to learn from them and make positive choices for my life to create a bright future.
- I promise to make every effort to take the necessary actions not to cause harm to myself or others.
- I will do my best to communicate openly with people when I have a problem and try to ask for help when I need it... but please remember I may have trouble asking for help.
- I have the right to receive a credit report annually.
- I will try to work to the best of my ability in school and achieve the educational goals that I need to be a productive and successful person.
- I have the responsibility to ask for help in learning life skills I need for becoming an independent young adult.
- I will make an effort to be involved in and cooperate with suggested mental health treatment.
- Respectfully I ask that you do not judge me by my past, instead get to know me for the person I am today.
- Family connections are very important to me. I know I am responsible for setting and keeping safe boundaries with my family members. I am also responsible for making amends for any of my former actions that may have caused someone harm.
- I will try to be courageous and speak up when I feel my rights have been violated.

I have been provided with and understand my rights and responsibilities.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

CFS-17 8/17 (17017)