



Questions & Answers About Connections with My Family & Friends

Can I visit my parents, Indian Custodian or guardian, grandparents, and other relatives when I am in foster care?



Yes. You have the right to visit and contact family members and relatives unless the judge says you cannot. Your social worker/probation officer must include a plan for visiting your family in your case plan. Visiting your family and relatives is also called “Family Time.”

What if I want to see my family more often or change the family time plan?



You should talk to your social worker/probation officer and your attorney. You can also tell the judge at your next court hearing. Depending on how well your parents are doing and what your needs are, you might be able to see them more often.

Can I visit with my siblings if we’re not living together?



Yes. You have the right to visit and have contact with your siblings, including any who are in foster care but are not living with you, unless the judge says you cannot. Your social worker/probation officer must include the visitation plan for you and your siblings in your case plan. You have the right to ask the judge to set up a visitation schedule with your siblings. If you are not having visits with your siblings as described in the family time plan, you should tell your social worker and lawyer immediately.

Family members I would like to visit and contact are:

Questions & Answers About Connections with My Family & Friends

Can I contact or visit my friends or other people who are not in foster care?



Yes. You have the right to contact people who are not in foster care, like friends, mentors, teachers, religious community members, and others if they are safe and appropriate. If you have people who are important to you, you should tell your caregiver, social worker/probation officer, and lawyer that you would like to see them.

Can I have contact with my Tribe and tribal members?



Yes, you have the right to have contact with members of your Tribe and tribal community that match your Tribe's social and cultural customs and way of life.

Can I make phone calls or have other people call me?



Yes. You have the right to make and receive private calls from anyone you want unless a judge says there are limits on who you can talk to. Your social worker/probation officer must tell your caregiver in writing if the judge says there are people you cannot talk to. Your caregiver can temporarily take away your right to make or get some phone calls as a consequence.

No one can ever stop you from calling your lawyer, social worker/probation officer, Tribal Representative, CASA, the Foster Care Ombudsperson, and Community Care Licensing.



Questions & Answers About Connections with My Family & Friends

My Important Connections

Write the names of all the people who are important to you.



Questions & Answers About Connections with My Family & Friends

Can my caregiver listen to my phone calls?



No. You have the right to make and receive confidential (private) calls and to talk in a place where you have privacy and no one else is listening to your conversation. Your caregiver can only listen to your calls if there is a court order from the judge.

Can I have my own cell phone?



If you have a cell phone, you have the right to have it unless a judge says you cannot. Your caregiver does NOT have to pay for your cell phone and can have reasonable rules for when you use or don't use your cell phone.

Am I allowed to email, text, or use social media?

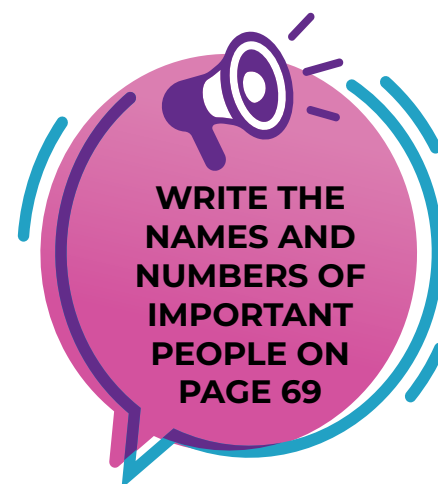


Yes. You have the right to privately use email, text messages, or other electronic communication unless the judge says you cannot. Your caregiver can temporarily take away this right as a consequence or if there is a safety risk.

Can I write letters to anyone?



Yes. You have the right to send and receive unopened mail unless the judge says you cannot.





Questions & Answers About Connections with My Family & Friends

Fill in the Blanks

Read the sentences and fill in the missing words.

Case Plan	Unopened	Tribe	Visitation
Tribal Community	Private	Important	Court Order

1. You have the right to ask the judge to set up a _____ schedule with your siblings.
2. You have the right to contact members of your _____ and _____.
3. Your social worker/probation officer must include a plan for visiting your family in your _____.
4. You have the right to send and receive _____ mail unless the judge says you cannot.
5. Your caregiver can only listen to your calls if there is a _____ from the judge.
6. If you have people who are _____ to you, you should tell your caregiver, social worker/probation officer, and lawyer that you would like to see them.
7. You have the right to make _____ calls to anyone you want unless a judge says there are limits on who you can talk to.

Answer Key: Visitation, Tribe, Tribal Community, Case Plan, Unopened, Court Order, Important, Private