

Think your rights have been violated?

1

TAKE NOTES. As soon as possible, write:

- When (date and time) and where
- Who was involved and names of witnesses
- What happened (in as much detail as possible)

2

MAKE COPIES & REPORT IT to your social worker and/or attorney as soon as possible. If you don't feel safe reporting to either one or their supervisors - or if they were involved - call the CA State Ombudsman.

3

GET HELP. You're not alone. Keep track of anyone you report the incident(s) to or discuss the incident(s) with. See the back page for some of the organizations that can help you for FREE.



More Resources



Need Help?

RISE Program
(323) 860-3626
riselgbtq.org

California State Ombudsman
(877) 846-1602

California Youth Connection
(800) 397-8236

Lambda Legal
(213) 382-7600

National Center for Lesbian Rights (NCLR)
(415) 392-6257



California

KNOW YOUR RIGHTS

LGBTQ + Foster Youth



LGBTQ+ Youth have the right to:

- Not be harassed or discriminated against based on your sexual orientation, gender identity, and/or gender expression (SOGIE).
- Freedom of speech and expression in your views and identity.
- Not to be forced to hide your SOGIE in order to get support, receive services, be placed, etc.
- Contact people not in foster care such as friends, mentors, siblings, etc.
- Participate in activities not a part of your case plan or specific to foster care such as school GSA meetings, LGBTQ+ prom, etc.
- To practice your faith and not be forced to participate in any religious practices.
- Not be forced to hide your identity because of someone else's religious views (e.g., foster parent or social worker).
- Agree to (or not) counseling, if you are 12 years old or older.
- To be free from attempts to change your sexual orientation or gender identity, such as conversion therapy.

"No pride for some of us
without liberation for all of us"
— Marsha P. Johnson



What about Caregivers, Staff, & Services?

- You cannot be forced to "out" yourself to anyone to access LGBTQ+ supports
- No staff or programs should try to change your sexual orientation or gender identity.
- Your SOGIE is private. It can't be shared without your permission, except in very limited circumstances.
- You have the right to access programs and services from providers who are knowledgeable about your identity.
- Staff and foster caregivers must be trained on LGBTQ+ identity, inclusion, and support.
- Staff and caregivers must also be trained on your rights in school as an LGBTQ+ youth.

Key Rights
for

Transgender & Nonbinary Youth

You are protected at
school and in care!

- You have the right to use the bathroom that aligns with your gender identity. No one can force you to use a different bathroom.
- You have the right to be placed according to your gender identity.
- You have the right to be referred to by the name and pronouns you use, regardless of what is listed on your paperwork.
- You have the right to express your gender through clothes, hair, etc. This includes being able to use your money to purchase hygiene products, outfits, etc.
- You have the right to access gender affirming health and mental health care.