

California

KNOW YOUR RIGHTS

LGBTQ+ Foster Youth

Key Rights

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.
- 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.

Transgender & Nonbinary Youth

You have specific rights, too!

- 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.

Need Help?

RISE Program
(323) 860-3626
riselgbtq.org



More Resources

