

# Lighting the Way to Self-Discovery:

## An Illuminating Workshop by Youth in Foster Care

### Light Your Candle: Encourage Self-motivation, Self-determination, and Self-advocacy in Youth

1. Motivate youth to become more independent to prepare for real-world situations.
2. Communicate the resources and opportunities available to youth.
3. Know when to become involved, when to step back, and when to let youth make decisions.
4. Model and explain the importance of self-advocacy.
5. Give youth options to encourage self-advocacy and provide them with opportunities to develop skills for independence.

### “Watts” in Store?: Be a Guiding Light for Youth in Transition

1. Inspire youth and lead by example in knowledgeable, positive and confident living.
2. Respect the boundaries of communication.
3. Be aware of youth’s fears as they transition into adulthood (e.g. finances, getting a job, education, finding a place to live)
4. Plan quality time to engage with youth and build a relationship based on trust, respect, and common interests.
5. Be prepared, be patient, and keep checking in with youth.

### Dispel the Darkness: Accept a Youth’s Individuality

1. Understand and accept that a youth’s perspective and experiences may be different from your own.
2. Be mindful of generational differences and encourage individuality and respectful input.
3. Encourage youth to discover personal goals and ways to reach them.
4. Respect a youth’s religious beliefs and practices. Support them as they explore their faith.
5. Respect youth’s right to be unique in every way, including sexual orientation, without having to defend or explain themselves.