



## Perspectives on Normalcy Handout: This Is My Family, This Is Where I Call Home

This handout is part of the series, “Perspectives on Normalcy: Videos and Discussion Questions.” It is designed to facilitate discussion about the issues raised in the video, “Young Adult Formerly in Foster Care: This Is My Family, This Is Where I Call Home.”

### About the Interviewee:

Desiree is an alumna of the foster care system. She lived with the same foster care family for 14 years. She entered foster care with three of her siblings and wants to use her experiences growing up in foster care to make a difference for those still in the system.

### Quotes From the Interviewee:

“As a youth in care, normalcy was not having to tell my story. I was able to be ‘normal’ without having to label myself as a ‘foster child.’ [...] To this day, I don’t tell everyone I meet that I was in care. Not that I am not proud of being an alumn[a] of the system, but I don’t use it as something to describe who I am. I use my experience and story to empower myself and others—dwelling on the positive and using the negative to grow and empower others.” – *Desiree*

“Maintaining confidentiality is a key component to ensure normalcy for foster youth. [...] Ask any child who was in foster care—a humiliating experience is being pulled out of class to attend a meeting with your social worker. The worst part is returning to class and being asked, ‘Who was that you met with?’” – *Desiree*

### Questions for Discussion:

- ▶ What images throughout Desiree’s story illustrated healthy development and normalcy?
- ▶ What did normalcy feel like for Desiree?
- ▶ How does the label “foster care” impact children and youth’s ability to feel normal?
- ▶ How can you encourage relationships with children and youth?
- ▶ How can social workers promote normalcy for children and youth in their caseloads?
- ▶ What kinds of strategies do you currently use that can create long-lasting connections?
- ▶ Desiree was fortunate to experience placement stability. How did that impact her healthy development?

To access the video, please visit <https://capacity.childwelfare.gov/states/focus-areas/foster-care-permanency/perspectives-normalcy/foster-care-video>.