

Youth Perception of Foster Care

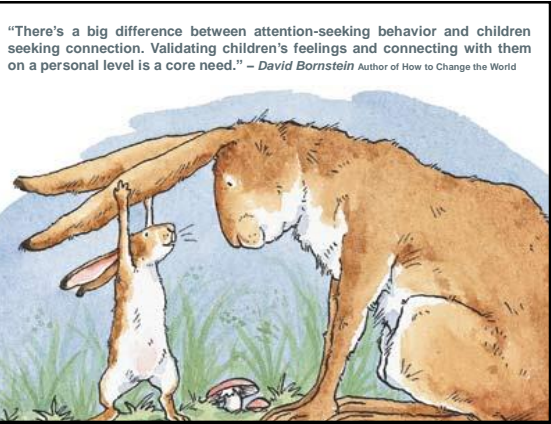
Positive Descriptors	Negative Descriptors
Positive	Abusive
Safe	Unstable
Empowering	Lonely
Loving	Emotional
Stable	Confusing
Informative	Painful
Life-saving	Negative
Supportive	Scary

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The "HAVS"

The Peace4Kids process of consistent awareness.

- Hear
- Acknowledge
- Validate
- Shift



hear

- Listen & observe to assess the necessity of your involvement.
- Slow down your speech and mind to create a peaceful, safe place to share.
- Once you've identify the feelings, help the youth release them. ie: "How strong are you feeling on a scale of 1-10"?
- Offer unbiased understanding.



acknowledge

- I can see that you are really upset.
- I understand that you are going through a tough time.
- It's apparent that you're feeling excited.
- You seem a little worried, troubled, scared, etc.



validate

- I hear you. That's exciting! That's so cool. That sounds amazing!
- Wow, that's a lot to deal with I would feel the same way. (I'd feel sad/hurt/angry/jealous, etc. too)
- That is sad. That sounds discouraging. That sounds like it would hurt. That must be really hard.
- I know what you mean. I would feel the same way. I can understand how you feel. I have had that same experience. It sounds like ____ is really important to you.



shift

- Notice whether there's been a shift in behavior.
- Help the youth recognize the change.
- Offer encouragement about the process.
- Inquire about next steps, resolutions, moving forward, or simply moving in another direction.

tips

1. Connect before you correct! Check your body language and facial expression. Use clear language to ensure that your tone is warm and firm.
2. Make space for feelings. Don't expect a youth to always comply without being upset.
3. Consider ways to reframe negatives into positives. What was learned? What skill was practiced?
4. Create opportunities for shared experiences. We are not alone.

