

Dear Teen,



This is a life book. Guess who's life?

When you are 20 or 30 you can read these pages and be able to remember what your life was like.

Maybe you don't care now. Or don't want to remember. Consider this - what if this book could make you rich?

You never know if you might be famous (like a singer or actor or basketball star) someday. Then this lifebook would be worth money.

Even more if it's autographed.

John 4/10/12

(Your Signature/Date)

Beth O'Malley

P.S. Don't believe you could ever be rich or famous? Some very famous or rich people also lived in foster care or were adopted. Guess who they are?

**Musicians:** Faith Hill, Sarah McLachan and Ice T.

**Actors/Comedians:** Jamie Fox and Eddie Murphy.

**Athletes:** football star Duane Culpepper and Olympian Dan O'Brien.

You can find lots of others here: <http://famous.adoption.com/famous/a-z-index.html>

# Birthdays!

Once a year - count on it.



Celebrating your arrival on Planet Earth!

What's a birthday party without good friends?

If tomorrow was your birthday, who would you invite to the party?

<u>Thad</u>	<u>Kaston</u>	_____
<u>Brendon</u>	<u>Vernen</u>	_____
<u>Stanley</u>	_____	_____

What was your best birthday? Write about what made it special:



My best birthday was when I  
turned "14". I got to go places,  
I got more Privileges than before.

# Favorite Things to Do

Besides parties, what else do you like? Circle your favorites.



*Sports*



*Drawing*



*Talk on the phone?*



*Music*



*Games*

*Get on the computer  
Text Messaging/IM'ing*



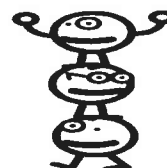
*Watch t.v. /Movies*



*Dance*



*Write in a diary*



*Hang with friends*

## Family Facts

Here's a place to record information about your birth father.

(Don't be surprised if you can't answer some of these questions)

What is your birth father's name? Donald

Hair color: Black Eye color: Black Height: \_\_\_\_\_

Birthdad's cultural background: (Is he Italian? African American? French?) Native American

When/Where was he born? \_\_\_\_\_

(Date of Birth/City or Country)

### Family Illnesses:

alcoholism

\_\_\_\_\_ allergies

\_\_\_\_\_ asthma

\_\_\_\_\_ attention deficit disorder

\_\_\_\_\_ cancer

\_\_\_\_\_ diabetes

drug addiction

\_\_\_\_\_ high blood pressure

\_\_\_\_\_ mental illness

\_\_\_\_\_ obesity

\_\_\_\_\_ seizures

\_\_\_\_\_ other

\_\_\_\_\_ other

\_\_\_\_\_ other

What does your birth dad like to do for fun? (For example: watch t.v., fix cars, play/watch sports) \_\_\_\_\_

What is your birth father really good at doing? (For example: singing, dancing, drawing, fixing things): \_\_\_\_\_

# "Why" ? Page



I'm a social worker. These are some of the reasons other teens come into care. Some might apply to you as well. It's not easy to think about this stuff is it? But it's hard NOT to think about it too, huh? Check off the reasons you can relate to:

- My parent(s) took drugs & didn't stop/get treatment.
- My parent(s) were abusive.
- I don't remember.
- I don't want to think about it now.
- My parent(s) left me/us alone.
- My parent(s) are dead.
- My parent(s) are in jail.
- We had no place to live.
- My parent(s) left me/us.
- My parent(s) didn't buy food/clothes.
- My parent(s) used to hit me/us. My parent(s) were abusive.
- My parent(s) didn't keep me/us safe. They were neglectful.
- My parent(s) were mentally ill. They didn't get/stay with treatment and were unable to care for children.
- My parent(s) screamed & fought in front of me/us.
- I don't know the exact reasons. I think these might be some: \_\_\_\_\_  
\_\_\_\_\_
- My social worker/therapist thinks these are the reasons: \_\_\_\_\_  
\_\_\_\_\_

## Where Have You Stayed?



When children, teens, or adults have different homes it's important to have a record. These pages will be a road map of your life. Many older teens in care have lived in places other than foster homes.



Check off where you have stayed.

Group home



Psych Hospital

Residential school

Homeless (on the run/unapproved home)

Special program/group home

Independent living program

Juvenile facility (locked/unlocked)

Specialized foster/treatment home

Boyfriend/girlfriend/friend's house

Shelter

Pre-adoptive home

Relative's place

Other

# My First Placement



No matter if you have had 20 moves and 15 different foster homes, there's something special about your very first one.

Let's go back in time...

Name of  
Place/Family/House Color:

mission, felton,

I moved in on: \_\_\_\_\_ and stayed for: \_\_\_\_\_  
(Month/Year) (Months/Years)



What I remember most about this place is: that it

was one of the most best places I

lived. It felt like I was loved for who I

am.

On a scale of 1 - 10 Rate this placement by marking the line.

1 2 3 4 5 6 7 8 9 10

Hated it

It was OK

Loved it

# Bad Day Blues



Too many moves? Too little say? Life isn't always fair or fun.

Below are some things that help other teens.

Check yes or no below and if you don't know if something helps - maybe give it a try the next time you're feeling blue.

A good cry?	<input type="checkbox"/> yes	<input checked="" type="checkbox"/> no	<input type="checkbox"/> maybe
Writing in a journal?	<input type="checkbox"/> yes	<input checked="" type="checkbox"/> no	<input type="checkbox"/> maybe
Doing a project?	<input type="checkbox"/> yes	<input checked="" type="checkbox"/> no	<input type="checkbox"/> maybe
Listening to music?	<input checked="" type="checkbox"/> yes	<input type="checkbox"/> no	<input type="checkbox"/> maybe
Watching a movie?	<input type="checkbox"/> yes	<input checked="" type="checkbox"/> no	<input type="checkbox"/> maybe
Talking to someone?	<input checked="" type="checkbox"/> yes	<input type="checkbox"/> no	<input type="checkbox"/> maybe
Taking a nap?	<input checked="" type="checkbox"/> yes	<input type="checkbox"/> no	<input type="checkbox"/> maybe
Going for a walk/run?	<input checked="" type="checkbox"/> yes	<input type="checkbox"/> no	<input type="checkbox"/> maybe
Hanging with friends?	<input type="checkbox"/> yes	<input checked="" type="checkbox"/> no	<input type="checkbox"/> maybe
Other things	_____		

If a friend was having a bad/sad day, what would you say to him or her?

I would tell him or her that they always  
have me around if he or she needs me.

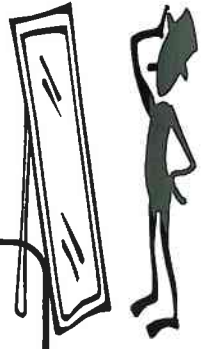
I'm there when you need me.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





Details about You Now 4/10/12  
(today's date)



FAVORITES: WHAT ARE YOURS?

Munchies: Chips

Movies: Dr. Quinn

TV shows: Disney XD

Season: Summer

Songs: See you in my nightmares

Animals: Dogs

Radio Stations: Hot 104.7

Adult(s): Nate & Suzanne

Other Information About You

Do you have a nickname? John boy Hair Color: Dark brown/black

Name of girlfriend/boyfriend? \_\_\_\_\_

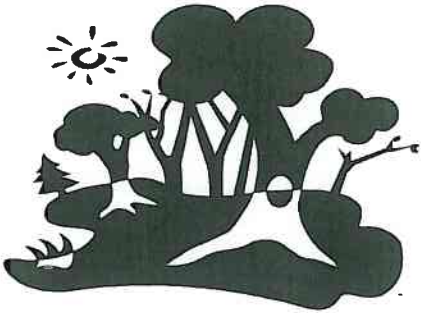
Name of best friend(s): Terrence, Vernan, Kaslon, Thad, brendon, etc

What makes you laugh more than anything? \_\_\_\_\_

\_\_\_\_\_

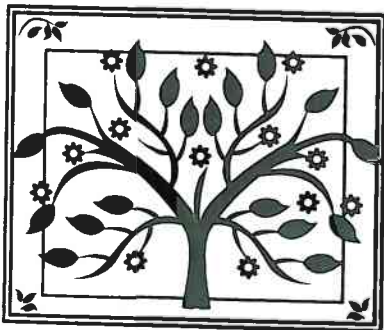
## THE PAST

What comes to mind when you think about your biological family? Who do you think about? Do you think about any particular place? Do you remember being a certain age? Do you want to write down some of your memories or thoughts?



Feelings... my feelings about the past was fun but hurtful. Because I lost my grandma & uncle to a car crash. I lost the feeling of what a true family feels like.

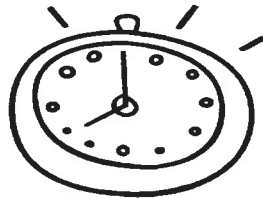
Thoughts... I wish that my parents weren't addicted to drugs.



Memories... a memory I have is spending my last few days with my biological family. I will never let those memories go.

## Remember the Good Times!

Just because your parents couldn't take care of you doesn't mean you didn't ever have fun. If you lived with your birth family, then this is a good place to think back and write down some of your **HAPPY MEMORIES.**



**HAPPY TIMES**

**What were some of your best times at home?**

Best times were when I went to go  
fishing on a lake and I  
caught a fish.



**What are some of the things you miss?**

I miss my family, brothers, mom, Dad  
and my relatives.

## Where Are You Now? Where Have You Lived?

Chances are you've lived with more than one family because this is a foster lifebook. Do you wonder why you aren't with your first family? Do you know? Fill in the spaces below:

**The Reasons Are...**

Because maybe

they couldn't take having  
US kids around or they were  
mean

**Maybe...**

Because they

didn't have the  
kind of money to  
take care of us.

?

**I Don't Know  
Which Makes me Feel...**

that they didn't like us or they  
couldn't support us at all.

## The Good, The Bad, The Ugly

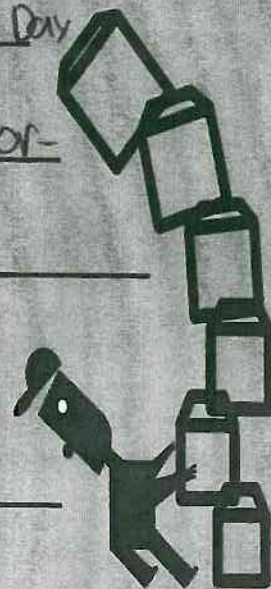
O.k., so you got some good stuff from your parents. What about the not-so-good stuff? What if your mother used drugs? Or your father was an alcoholic? Yup, addiction and alcoholism definitely runs in families.

You aren't doomed to repeat history - especially if you know what your family-related risks are. Here's a worry box. Fill it with the things you worry about.

### MY FAMILY WORRY BOX

Stuff about my family background that worries me:

I worry that I will some day  
be like them do drugs and for-  
get about my children.



Not everyone knows what their family "stuff" is  
but every family has "stuff"


## The Great Me

Let's take a look at some of your talents. Put a check next to anything that you think you are good at.

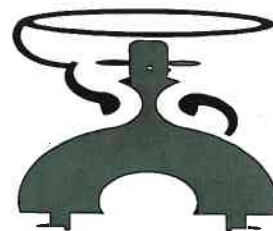
- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Artistic | <input checked="" type="checkbox"/> Athletic        |
| <input checked="" type="checkbox"/> Fun      | <input type="checkbox"/> Funny/Make People Laugh    |
| <input checked="" type="checkbox"/> School   | <input type="checkbox"/> Clubs/Activities           |
| <input type="checkbox"/> Playing Music       | <input type="checkbox"/> Working/Saving Money       |
| <input type="checkbox"/> Dancing             | <input type="checkbox"/> Video Games                |
| <input type="checkbox"/> Writing             | <input type="checkbox"/> Telling Stories            |
| <input type="checkbox"/> Supporting Friends  | <input checked="" type="checkbox"/> A Good Listener |

These are just a few examples. Can you think of others?

read alot \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 People "get" different things from their parents. Physical things like looks, height, eye color and vision. Even talents and skills (artistic, athletic).

Now go back to your list and circle anything that you think might be a "gift" or something inherited from your biological family.



## Quiz

Warning: Your Answers  
Might Surprise You!

Let's see who is in your life? Who are the people you count on?

Try this. Answer the following questions as fast as you can.

*Don't think too hard. Write the first name that  
pops into your head.*



There are no wrong answers!

You need to borrow \$50. Who do you call? Suzanne

You're going to buy a car. Who would you bring? Nate

You have a really big secret and need to tell someone? Who?

Brothers

Name two people you'd want with you if stuck on a desert island.

1) Frank      2) Antoinette

You need someone who will tell you the truth about something.

Who do you ask? Parents

You win megabucks and have to share the money with three people.

Who? 1) Frank    2) Casey    3) Antoinette

If you had to get surgery, who would you want to go with you?

Parents

You get in trouble. Who do call to help? Brothers + Parents

## Life-Plan Page

What do you want to happen in the future as far as families or living situations?



Write down your dream: I

want to be a basketball

Player. why because basket ball is my hobby

it's my passion it's what I love to do. Bas-

ket ball makes me feel like i'm in a comp-

etition, a competition with lifes future.

Basketball makes me feel happy about myself,

it makes me feel like I'm in another demension.

That's what I want to be.

**Congratulations!**

You have finished your lifebook.  
Add more stuff any time you want.

Remember, your story could be worth  
big bucks someday.

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