



THE STATE  
of **ALASKA**  
GOVERNOR SEAN PARNELL

Department of  
Health and Social Services

DIVISION OF PUBLIC HEALTH  
Section of Women's, Children's and Family Health

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March 17, 2014

Dear Colleagues and Community Partners:

We are enclosing free materials with information on how to further promote the well-being of the foster youth you come into contact with. These materials were created by the Section of Women's, Children's and Family Health of the Alaska Department of Health and Social Services, with input from community stakeholders including judicial education experts, Guardians ad Litem, foster parents, and youth.

**Youth in foster care are at risk for initiating sexual activity at an earlier age and are 2.5 times as likely to become pregnant compared to their non-foster peers. Pregnancy can have profound consequences for teens growing up in foster care and challenge their successful transition into adulthood.**

These cards include guiding questions to help discuss reproductive healthcare and pregnancy prevention with foster youth. By including the youth in the case planning and review process, you can help ensure that all stakeholders support youth in learning to make informed decisions about their health and interpersonal relationships.

We hope that you will consider using these materials to guide your interactions with foster youth in the child welfare and/or juvenile justice system. Our Section would be happy to mail extra copies of these materials to you at any time at **no cost**. We also have an electronic version of the Supporting Foster Youth card that you can download and print by visiting <http://dhss.alaska.gov/dph/wcfh/Pages/adolescent/materials.aspx>.

Thank you for collaborating with us to advocate for youth and young adult health in Alaska's foster care system.

Sincerely,

A handwritten signature in blue ink that reads "Stephanie Birch".

Stephanie Birch RNC, MPH, MS, FNP  
Section Chief  
Women's, Children's and Family Health  
Division of Public Health  
Alaska Department of Health and Social Services