

Congratulations! You are invited to participate in the FAAZ Foster Life Challenge! Designed by young people who have experienced the struggles of foster care firsthand, the FAAZ Foster Life Challenge simulates just one of the many daily hardships for a teen in foster care. Each challenge is something that a member of the Young Adult Leadership Board has experienced. By participating in the FAAZ Foster Life Challenge you will have a day-to-day experience that is altered from your norm, you will increase your empathy and understanding, raise awareness of key issues that impact normalcy for young adults in care, and encourage advocacy.

**CHALLENGE ACCEPTED? Let's get started.**

**Step One:** Choose one of the challenge options below. Commit to living the challenge for one full week and pick a day to start. Yes, you may pick more than one if you're feeling ambitious.

CHALLENGE 1	CHALLENGE 2	CHALLENGE 3
You have \$20 to spend on "extra" items such as toiletries, coffee, gas, food, and groceries.	Be patted down for an entire week every time you enter your home.	Keep bedroom door always open.

CHALLENGE 4	CHALLENGE 5	CHALLENGE 6
Grocery shop for the week using the bus as your primary mode of transportation.	You only have two 2-hour passes to use to leave your house for Anything other than work or school.	Ask for permission every time you want to go into the refrigerator or the pantry.

CHALLENGE 7	CHALLENGE 8	CHALLENGE 9
Cell phone examined by a household member and locked up from 7 pm to 7 am.	Cannot contact your siblings or respond to any communication from them.	Meals must happen between 7 am-8 am, noon-1pm, and 6 pm-7 pm or be skipped.

CHALLENGE 10	CHALLENGE 11	CHALLENGE 12
You cannot be left home alone, ever.	The daily shower must be at 8 pm and be 10 minutes or less.	Be driven by a household member, carpool, or take public transportation everywhere.

**Step Two:** Live the challenge! It may be tough, you may forget, just please do your best. Remember, the small accommodation you are making is only one of many obstacles a young person in foster care must overcome.

**Step Three:** Reflect by creating a short video (1-5 minutes in length) describing your experience. It does not need to be fancy. We prefer video but if you are only comfortable writing, share a written reflection with us (minimum 1 paragraph up to 1 page). Please upload reflections within a week of completing your challenge to [bit.ly/FAAZUpload](https://bit.ly/FAAZUpload)

**Step Four:** Share your experience and challenge others! Post on social media during or after your experience. Tag your friends and FAAZ on [Facebook](#), [Twitter](#), or [Instagram](#). Help us go viral with: #FAAZlife #FosterLife #FosterCareMonth #thisisfostercare #FosteringAdvocates #fostercareawareness #fosteryouth #fostercare.

By now, we hope you are saying to yourself "Challenge accepted!" If so, please know how grateful we are for your willingness to experience a small trial to educate and inspire others to action!

**Stay connected.**



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