



## Matt's Story

My story is not unlike everyone else's – there are ups and downs. The low points are great learning experiences if you let yourself grow from them.

I entered foster care when I was 13. I didn't want to be there, but I was glad to get away from my stepdad. The first two years were rough, but once I knew I was never going back to him, things got better. When I turned 17, the foster family I was staying with moved and I was on my own.

That's when I got an apartment and real serious about finishing high school. Through SAFY's Older Youth program, I'm learning how to pay my bills and take care of myself, but it's hard being alone. Sometimes when I get home after work and going to school all day, I just want someone to make me a hot meal and ask me about my day. I want a bed to sleep in and a chair to relax on. I want to feel home.

I'm learning to get over my fear of being alone, and what to do with my anger when it tries to control me. Sometimes I let myself believe that better days are ahead of me and I know if I keep working hard and stay out of trouble, I'll get there.

I'm set to graduate from high school in the spring. Then I want to go to school to be an EMT. I think I'd be good at taking care of people who need a little help.

