The unique risk factors associated with foster youth were placement instability, type of previous adverse familial experiences, and previous delinquent behavior. Sampson and Laub's Theory of Informal Social Control, helps contextualize the findings in a manner which suggested that indirect, direct and internal controls all work together to help a person desist from criminal activity; these compounding factors all contributed to foster youth experiencing negative life trajectories. The literature confirms that foster care youth have higher rates of exposure to maltreatment prior to entering the foster care system and are exposed to placement instability at high rates. What is not fully understood at this time, is the role of placement type, and more research is needed to be done to look at what role placement type has on youth delinquency.