

## What are Rights and Responsibilities?

Rights and responsibilities are like rules that make it easier for us to live together. They help others to know what to expect and how to act. When you live somewhere new, you may feel lonely or scared. You might even be worried about what is going to happen to you next. It is important for you to know that you have a right to feel safe, and to have someone look after you.



### Ombudsman Ontario Children and Youth Unit

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TORONTO, ON M7A 0A6

Toll-free (inside Ontario only): 1-800-263-2841

Telephone: 416-325-5669

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Website: <https://www.ombudsman.on.ca>

Facebook: Ontario Ombudsman

Twitter: @Ont\_Ombudsman

### Office of the Children's Lawyer

c/o MGS Mail Delivery Services

2B-88 Macdonald Block

77 Wellesley Street West

TORONTO, ON M7A 1N3

Telephone: 416-314-8000

### Kids Help Line

1-800-668-6868

### After Care Benefits for Youth 21-24 Years

<http://www.oacas.org/what-we-do/child-welfare-operations-excellence/aftercare-benefits-initiative/>



Children's Aid Society  
La Société d'aide à l'enfance  
LONDON & MIDDLESEX

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*A Guide for Children in Care*



Children's Aid Society  
La Société d'aide à l'enfance  
LONDON & MIDDLESEX

## *Rights*

- You have a right to be respected for who you are. This includes your language, religion, family background and special needs.
- You have a right to feel safe. No one has the right to hit you or hurt you in any way, or put you in a locked space.
- You have a right to privacy and visit your family without anyone else around, unless a judge or your worker determines it is not the best thing for you. You also have a right to speak with your worker and your lawyer without anyone else around.
- You have a right to have time by yourself and to have your own things.
- You have a right to receive and send letters that only you read. Sometimes your worker or care provider may check your mail if he or she thinks there is something in it that may hurt you.
- You have a right to know the rules in the home where you live and to know what will happen if you break the rules.
- You have a right to be heard, especially when people are making decisions about your life.

- You have a right to go to school; to visit the doctor and dentist to keep you healthy; to food that is good for your body; to have clothing that fits well and keeps you warm; to participate in community recreation and cultural activities; and to practise your own religion.
- You have a right to tell someone if you have a problem and ask for help.

## *Responsibilities*

- You have a responsibility to know and follow the rules of your care providers.
- You have a responsibility to be helpful to others in the home and do your share of chores appropriate for your age and ability.
- You have a responsibility to make sure your care providers know where you are when you are not at home.
- You have a responsibility to talk with your worker and care providers about what is going on in your life.
- You have a responsibility to respect other children, neighbours, and property.
- You have a responsibility to bathe regularly and dress neatly.

## *What if I Have a Problem and Need Help?*

- First, talk to your care provider or your worker. If that doesn't help, talk to a teacher, a friend or your worker's supervisor.
- You also have the right to make a complaint with the Children's Aid Society.
- If you have tried to solve your problem, but it keeps happening and you think you need to talk to your lawyer, or to someone at Ombudsman Ontario Children and Youth Unit, ask someone you trust to help make the contact.

