

If you have a problem or concern, you have the right to tell someone. Talk to your care provider or your worker. If that doesn't help, talk to a teacher, friend or your worker's supervisor.

You can write a letter of complaint and send it to your worker's supervisor. Ask your worker for a copy of our "Procedure for Review of Service Complaints" brochure.

If you have tried to solve your problem but you think you need to talk to your lawyer, or to someone at the Office of the Provincial Advocate for Children and Youth, ask someone you trust to help make the contact.

### Office of the Provincial Advocate for Children and Youth

401 Bay Street, Suite 2200  
TORONTO, ON M7A 0A6

Telephone 416 325 5669  
Toll-free 800 263 2841  
TTY 416 325 2648

Email [advocacy@provincialadvocate.on.ca](mailto:advocacy@provincialadvocate.on.ca)

Facebook [www.facebook.com/OPACY1/](http://www.facebook.com/OPACY1/)

### 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

1680 Oxford Street East, P.O. Box 7010  
LONDON, ON N5Y 5R8

Telephone 519 455 9000  
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### Connect with us online:

 [www.caslondon.on.ca](http://www.caslondon.on.ca)

 [www.facebook.com/CASLondonMiddlesex/](http://www.facebook.com/CASLondonMiddlesex/)

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# Rights and Responsibilities

## A Guide for Youth In Care



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

## *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 be worried about what is going to happen to you next. It is important for you to know you have a right to feel safe, and have someone look after you.

### *Rights*

- You have the right to be involved in important decisions about your medical treatment, education, training, work programs, religion, transfer to another residence or your discharge. This means you have a right to be consulted and express your preferences.
- You have the right to be respected for who you are. This includes your language, culture, race, religious beliefs, sexual orientation and special needs.
- You have the right to know the rules in the home where you live and a right to know the appropriate discipline if you break the rules.
- You have the right to freedom from physical, sexual or verbal abuse. No one has the right to hit you, mistreat you, or confine you in a locked place.
- You have the right to meet in private with your worker or your lawyer and to visit in private with your family, unless a judge or your worker determines it is not best for you.

- You have the right for time to be alone, and a right to have a place for your own things.
- You have the right to receive and send mail only you read. In rare cases, your mail may be read or examined in your presence and prohibited items may be removed and withheld for your own safety.
- You have the right to healthy meals; to education that suits your abilities; to regular medical and dental care; and to adequate clothing that fits and keeps you warm.
- You have the right to participate in after school recreational activities, and activities important to your culture.
- You have the right to participate in planning your care and to be heard when important decisions are made about you.

### *Responsibilities*

- You have a responsibility for your actions at all times, and to know and follow the rules of the place you live.
- You have a responsibility to be helpful to others in the home and do your share of household chores appropriate to your age and ability.
- You have a responsibility to make sure your care givers know where you are when you are not at home. You should inform them if you are going to arrive later than the agreed upon.
- You have a responsibility to keep in touch with your worker or your care provider about what is going on in your life and to attend and participate in your appointments.

- You have a responsibility to go to school and do your homework.
- You have a responsibility to respect others, i.e. to respect the privacy of others and to respect the property of peers, the home where you live, your neighbours and the community.
- You have a responsibility to take good care of your body.

### *If You Are Over the Age of 12 Years*

- You have the right to a summary of information in your CAS file. You do not have the right to confidential information about other people.
- You have the right to be notified of, and to attend court hearings affecting your life, unless the court decides it is not in your best interest.
- You have the right to request a placement review by the Residential Placement Advisory Committee established by the Ministry of Children and Youth Services if you object to where you are placed.

### *If You are a Crown Ward at Age 18*

- You have the right to request Continued Care and Support for Youth (CCSY) to help you achieve your goals for self-support up until you turn 21. If you want to go to university, college or a specialized training program, talk to your worker about opportunities for assistance.