

Your Rights in Care

A Guide for Children and Youth in Care

You Have the Right to:

Be Safe & Respected

- Feel safe where you live
- Be treated with kindness and respect
- Not be hit, yelled at, or treated badly
- Have time alone and your privacy respected
- Know the rules of where you live and what will happen if you break the rules

Be Yourself

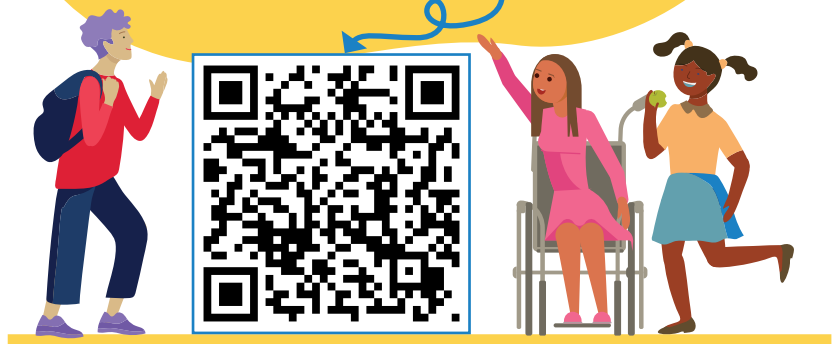
- Be accepted for who you are
- Have your culture, background and all aspects of your identity acknowledged and respected
- Practice your faith, traditions, and language
- Express your feelings and ask for change

Stay Connected

- Stay connected to your loved ones
- Talk privately with your worker or lawyer
- Send and receive letters or messages

The Catholic Children's Aid Society (CCAS) is responsible for making sure you have:

- A safe and caring place to live
- Access to good food, clothing, and health care
- Support for school, activities, and your well being
- A worker who listens to you and helps you understand your rights
- Respect for your dignity, identity, and faith
- You have the right to your privacy and know and understand what happens to your personal information.



Grow & Learn

- Go to school and get support
- Visit the doctor and dentist
- Eat healthy food
- Have clothes that fit and keep you warm
- Play, do sports, and join activities you enjoy

Have a Voice

- Speak up and be heard
- Be involved in planning your future
- Be informed
- Know why you're not living with your family
- Know who you can ask for help
- Contact the Ontario Ombudsman for help



Your Responsibilities



It Is Your Responsibility To

- Talk with your worker
- Communicate with your caregivers
- Go to school and try your best
- Respect others and their identities
- Be helpful and kind
- Respect yourself and the people you live with

Your Culture & Faith Matter

At CCAS, your faith, culture, and identity are honoured and supported. You have the right to:

- Practice and express your faith
 - Attend the place of worship of your choice
 - Participate in cultural or religious traditions
 - Eat foods and attend activities connected to your culture
 - Wear cultural or religious clothing
 - Speak the language you know and want to use
- CCAS will support your cultural and spiritual safety and respect the choices you and your family make.

Living together works best when everyone is aware of and follows their responsibilities.

Responsibilities are rules that make it easier to live together. They tell us what to expect and how to succeed.

Things Caregivers Cannot Do

Caregivers must keep you safe. They cannot:

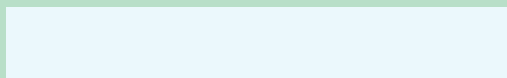
- Withhold food, clothing, or basic needs
- Take away your personal belongings
- Say hurtful, racist, or threatening things
- Take away your cultural or religious items
- Stop you from seeing or talking to your family (unless required for safety)
- Hurt your feelings or your body
- Change your room in a way that makes you feel unsafe
- Interfere with your job
- Threaten to kick you out



How To Get Help:

If something doesn't feel right, you can:

1 Talk to your caregiver or your worker



2 Talk to someone else you trust
(teacher, coach, worker's supervisor)

3 Submit a complaint
through CCAS



4 If the problem still isn't fixed, contact:

- **Ontario Ombudsman**
Phone: 1 800 263 2841 or collect at 416 325 5669
Website: www.ombudsman.on.ca
Email: cy-ej@ombudsman.on.ca
- **Residential Placement Advisory Committee (RPAC)**
For youth in foster or group homes:
905 890 5222 ext. 2290