

KNOW YOUR RIGHTS

Children and
youth in care



CHILDREN AND YOUTH UNIT

1-800-263-2841

www.ombudsman.on.ca



Independent Impartial Confidential Free



DO YOU FEEL LIKE:

Things aren't going your way?
The way you're being treated is unfair?
You're unhappy about your placement?

You have rights.

One of them is to contact us.
We can help.



WHAT ARE YOUR RIGHTS?

Young people in care have specific rights that are protected by the law.
But sometimes, it can be hard to make sure other people understand and respect your rights.
That's where we come in.

We will:

- listen to you
- talk to the people responsible for your care
- make sure you're treated fairly



Contact us:

1-800-263-2841

cy-ej@ombudsman.on.ca
www.ombudsman.on.ca

YOUR BASIC RIGHTS

Under Ontario law, you have the right:

- to feel and be safe
- to meet and talk privately with your family unless a court orders otherwise
- to have reasonable privacy
- to have reasonable access to your personal property
- to have access to good, healthy food and meals
- to have an education at school wherever possible

You also have the right NOT to be:

- physically restrained, except in specific circumstances identified in law
- discriminated against because of your race, colour, ethnic origin, family diversity, disability, creed, sexual orientation or gender identity

YOUR RIGHTS IN CARE

You also have the right to:

- have your opinions taken seriously
- be consulted about services provided to you
- know how to appeal your placement
- have your worker or the staff where you are living explain the reasons for decisions made about you
- recreational, athletic, and creative activities
- activities related to your creed, community or cultural identity

YOUR RIGHT TO CALL US FOR HELP

You have the right to:

- know how to contact the Ombudsman's Office
- talk privately with our staff
- make a complaint without getting in trouble
- be informed of your rights

Find us on social media:

Facebook: [OntarioOmbudsman](https://www.facebook.com/OntarioOmbudsman)

Twitter: [@Ont_Ombudsman](https://twitter.com/Ont_Ombudsman)

Instagram: [ontombuds](https://www.instagram.com/ontombuds)

