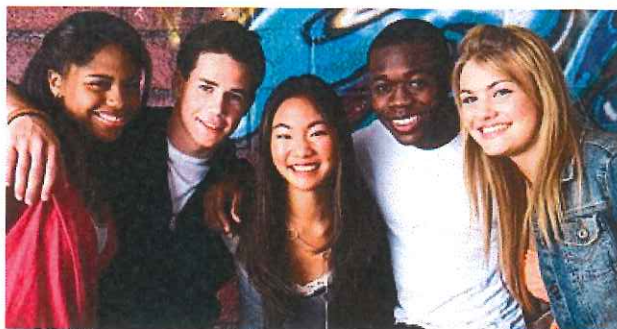


RIGHTS^{and} RESPONSIBILITIES



Children's Aid Society of Algoma



CHILDREN'S AID SOCIETY OF ALGOMA

191 NORTHERN AVENUE EAST

SAULT STE. MARIE, ONTARIO

P6B 4H8

PHONE: 705-949-0162

OR 1-888-414-3571



How can this booklet help me?

Some kids who are living in care feel like everything is changing. They have to get used to living in a different place, with new rules, and with people they don't know very well yet. All these changes can be difficult and confusing. Most kids just want to know what's expected of them and what can they expect for themselves while living in care.

While in care, it's important for you to know that you have rights. These rights are guaranteed by law, and no one can take them away from you.

The Children's Aid Society is responsible for making sure that your rights are protected. This includes your right to a safe, healthy environment and respect from those around you. You also have the right to ask questions whenever you need to - and the right to answers that you understand. This booklet explains what you can do if you have a disagreement, question or concern regarding your rights.

This booklet also tells you what people will expect of you - so that you can understand your responsibilities.

Your Child Services Worker will talk to you about your rights and responsibilities and try to answer any questions you may have. This booklet is yours to keep.



What are my rights?

You have the right to be informed of your rights and responsibilities in a language you understand.

If you have special needs, please tell your worker.

You are unique. You have the right to be respected for who you are.

This includes the things that may be important to you - such as your culture, race, religion, heritage, immigration status, sexual orientation and gender identification.

You have the right to freedom from physical, sexual, emotional or verbal abuse.

No one has the right to make fun of you, hurt you or touch you in any way that doesn't feel right. A service provider or foster parent cannot allow anyone else to punish you by hurting you.

You have the right to know the rules of the house where you are living. If you break the rules, you may lose some of your regular privileges. But no one has the right to hit you, or mistreat you.

You have a right to privacy.

This includes your right to:

- ☐ Visit in private with your family - unless a judge or your worker comes to an agreement that it's not a good idea.
- ☐ Speak in private with your worker, advocate, or lawyer (if you have one).
- ☐ Have a place to keep your own things and time to be alone.
- ☐ You may send or receive written communication, letters, email, texts and posts, unless your worker believes that the contents of the communication may be harmful to you. If this is the case, your worker will speak to you about these concerns.
- ☐ You have a right to participate in discussions about important decisions regarding your life. Your voice is important, and you have a right to be heard. You have the right to talk freely and safely about your feelings, thoughts and opinions and a right to be heard.
- ☐ This includes decisions about my health, the doctors I see and my medication, schooling, training or work programs, my culture, community, identity, religion and beliefs, moving into a new place or out of my current place and other things that may affect me.

You have the right to:

Healthy meals

Education that suits your abilities

Regular dental, medical, and psychological care

Age-appropriate clothing

Participation in after-school activities, such as sports, drama club, etc.

The right to practice your religion and to receive religious instruction

Have honest and respectful discussion about how and why certain decisions are made

Have your feelings, thoughts and opinions considered and for them to impact how decisions are made and what happens.

As you get older and more mature your thoughts and opinions should have more impact on the decisions that are made about you.

You have a right to express your feelings and worries without fears of getting into trouble, or pressure to change your views.

The right to participate in activities that are important to your culture or heritage



What rights do I have as I get older?

You have the right to access the personal information we hold about you that relates to a service provided to you. If you need a copy of your service records your worker can tell you how to request them.

You have the right to be told about—and to attend court hearings that may affect your life - unless a Judge decides it's not in your best interest.

You have the right to request a review of your placement if you are concerned about where you are living. You can ask a trusted adult such as your worker, parent, foster parent, lawyer or Ombudsman advocate to help you with this.

If you are in care via an Extended Society Care Order at age 18, you have the right to Continued Care and Support for Youth (CCSY) until age 21.

We want you to do your best, and we want to help you succeed in life. Talk to your worker about the opportunities and supports that are available to you.

What are my responsibilities?

While you are in care, people will count on you to:

- » Talk with your foster parents about your plans for the day and where you will be when you are not at home
- » Keep in touch with your worker
- » Go to school and do homework
- » Take good care of your body both physically and mentally
- » Show up for your appointments
- » Take responsibility for your actions

Be helpful to others in the home and do your share of household chores that are appropriate to your age/ability

- » Respect other people's differences in gender, ability, race, colour, culture, religion, gender identification and sexual orientation
- » Respect other people and their property



You have a right to tell somebody if you have a concern.

Here's how you can get help at your CAS:

- » Talk to your foster parent, your worker, or a trusted adult.
- » You can call your worker's supervisor. You can get their phone number from your worker, foster parent, or by calling the Children's Aid Society directly at 705-949-0162.
- » If you need help making a phone call, sending an email or writing a letter, you can speak with your worker, your foster parent or someone you trust, like a teacher or friend. A Sample email or letter is at the back of this guide.

Write a letter/e-mail to the Children's Aid Society of Algoma. Send your letter/e-mail to:

Assistant to the Executive Director
Children's Aid Society of Algoma
191 Northern Avenue East
Sault Ste. Marie, ON P6B 4H8

Here's how you can get help outside your CAS:

By contacting an Ombudsman in Ontario 1-800-263-2841 or 1-416-325-5669

Email: cy-ej@ombudsman.on.ca

Website: www.ombudsman.on.ca

If you would like a review of your placement, you can request this review from the Review Placement Advisory Committee (RPAC) by asking your worker and/or calling **705-472-6515** or email info@cccnip.com

- » If you have a lawyer assigned to you through the Office of the Children's Lawyer you can share your concerns with that lawyer who will then help you.
- » If you have concerns about the services you are receiving and/or have accessed RPAC and are requesting a further review of your placement, you can contact the Child and Family Services Review Board (CFSRB) at **1 888 728 8823**.

[http:// www.sjto.gov.on.ca/cfsrb/](http://www.sjto.gov.on.ca/cfsrb/)

You can talk to a lawyer or another person to represent you

For further information:

If you want further information about your rights and more details about the laws regarding those rights go to:

www.ontario.ca/RightsResource



What if I am still concerned?

If you have accessed all of the resources listed in this guide to share your concerns and your concern is still unresolved, you can call an Ombudsman for further investigation into your complaint. The Ombudsman will **review** your concern and make recommendations to your agency to reach a resolution.

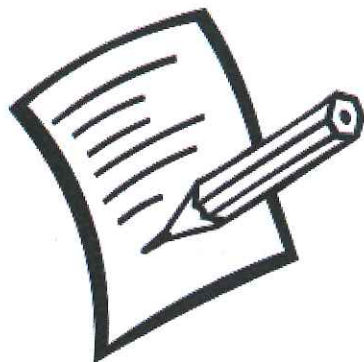
To find out more

My worker's name is: _ _ _ _ _

Phone and email:

My supervisor's name is:

Phone and email:



SAMPLE LETTER

Today's date

Agency Name (Children's Aid Society)

Dear Sir/Madam:

I live at _____

My name is _____

My Children's Services Worker is

I am writing to you because (describe what is happening) _____

I would like to sit down and talk with you about this. I look forward to hearing from you soon.

Your name & phone number

IMPORTANT PHONE NUMBERS

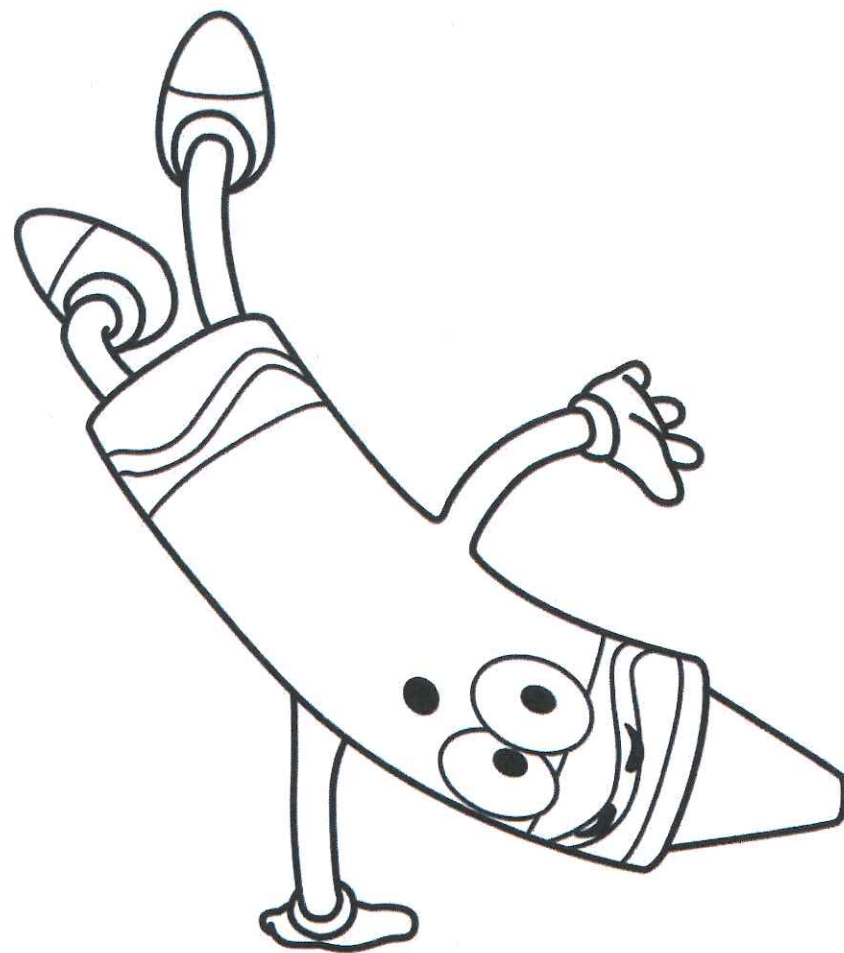
AGENCY or SERVICE	PHONE NUMBER
AIDS & Sexual Health Info Line	1-800-668-2437
Assaulted Women's Help Line	1-866-863-0511
Black Youth Help Line	1-833-294-8650
Justice for Children & Youth under 18	1-866-999 JFCY (5329)
Kids Help Phone	1-800-668-6868
Legal Aid	1-800-668-8258
LGBT Youth Line	1-800-268-9688
Office of the Children's Lawyer	1-866-797-0000
Telehealth Ontario Information Line	1-800-416-5111



NOTES



COOL2BKIDS.COM



The Care You Deserve

Find out what to expect while living, or being looked after, away from your parent's or primary caregiver's home.




Learn about the 12 quality standards:

They will help you know when and how to ask for different supports or services.

- 1 **Your rights:** I have rights and should be told what my rights are in words I understand.
- 2 **Your needs:** I have a say in what my needs are and how they are met.
- 3 **Your placement:** Adults making placement decisions should find out my needs and place me where they'll be met.
- 4 **Your voice:** My opinions and thoughts about my care must be respected.
- 5 **Your safety:** Feeling safe, accepted and able to be myself wherever I live is important.
- 6 **Your identity:** I should feel supported to explore who I am and how I think about myself, including my identity, culture and beliefs.
- 7 **Your relationships:** My caregivers should help me build relationships with others.
- 8 **Staff and caregivers:** Those who care for me should have the right skills to meet my needs.
- 9 **Your health and well-being:** The services I get should help me be physically, emotionally, spiritually, culturally and mentally healthy.
- 10 **Your education:** My caregivers should help me understand why school is important and help me go to whatever program is good for me.
- 11 **Your access to the Internet:** If I am mature enough, I should be taught to safely use the Internet.
- 12 **Your life skills:** I should be taught important life skills to look after myself, like grocery shopping and learning how to handle money responsibly.



To learn more visit: ontario.ca/ChildFriendlyQSF

Ontario 

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