

# YOUR RIGHTS AND RESPONSIBILITIES

## As a Child or Youth in Care

Peel CAS is responsible for making sure that you have a safe place to live, with appropriate clothing and food, as well as other supports like connections to your community, counselling, and activities you enjoy. You have your own worker whose role is to:

- Help you understand your rights
- Treat you with respect
- Listen to you
- Make sure you know about choices available to you
- Ensure you have what you need to go to school, be healthy and safe
- Make sure you know who you can talk to if you have a problem

### You have the right to:

- Be who you are
- Feel safe and be treated with respect
- Speak up and be heard
- Practice your religion, language and family background, and have your identity respected (e.g. culture, 2SLGBTQ+)
- Visit with your family if it's safe
- Speak privately with your worker or your lawyer
- Be involved in planning for your future with your worker
- Send and get letters
- Be given food that is good for you, and that you would eat at home
- Go to school
- Visit the doctor and dentist
- Have clothes that fit and keep you warm
- Play games and sports
- Express your feelings and ask for changes
- Know why you aren't with your family right now
- Not be hit or treated badly
- Have time alone, unless that may be harmful
- Participate in activities that are important to you
- Know the rules of where you live and what will happen if you break the rules
- Ask for a different worker
- Call the Ontario Ombudsman's office for help



### Cultural Support

At Peel CAS we want to foster your culture and support your beliefs. We acknowledge your right to:

- Practice, express and participate in the culture of your choice
- Attend a religious or cultural centre of your choice (e.g. church, mosque, shrine, temple, synagogue, cathedral, place of worship etc.)
- Eat food based on your cultural choices
- Wear specific clothing based on your cultural choices
- Speak the language you know and wish to speak

Peel CAS will support you and provide you with all necessary resources to ensure your cultural safety and security. We will respect the choices that you and your family make and support those choices.

### Your Responsibilities

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

It is your responsibility to:

- Talk with your worker
- Talk to your foster caregivers
- Go to school and do your homework
- Respect other people and who they are
- Be helpful to others
- Follow the rules of the house
- Be respectful of those you live with



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## Things Caregivers Cannot Do

Some things are never okay for caregivers to do or threaten to do. These include:

- Not giving you the basic things you need like food and clothing
- Taking away your personal belongings
- Saying mean, hurtful or racist things, or yelling at you to scare you
- Taking away your cultural or religious items or services
- Stopping you from seeing or talking to your family
- Hurting your feelings or your body in any way
- Changing your bedroom in a way that makes you feel unsafe
- Interfering with you going to your job (if you have one)
- Threatening to kick you out of your home to make you behave a certain way

## How to Get Help

If you have a problem, you can ask someone you trust to help you.

1. Talk to your caregiver or your worker
2. Talk to someone else like a teacher or your worker's supervisor
3. [Submit a complaint](#) by contacting our Service Relations Manager at 905-363-6131 ext. 1164 or [servicerelations@peelcas.org](mailto:servicerelations@peelcas.org)
4. If you have tried these things and still can't fix the problem, you can contact the **Residential Placement Advisory Committee** or the **Ontario Ombudsman**.

## Alternative Formats Available

There are many ways to learn about your rights and responsibilities as a child or youth in care:

- Watch a [video on YouTube](#)
- Review our simplified brochure featuring pictures and symbols
- Read our Rights and Responsibilities sign-off form

*This document is also available in French. If you require this information in any other format, please speak to your worker or contact the Communications and Service Relations Department at 905-363-6131 or via email at [communications@peelcas.org](mailto:communications@peelcas.org)*



### Residential Placement Advisory Committee (RPAC)

If you live in a foster or group home and have an issue regarding your placement, you can contact the Residential Placement Advisory Committee (RPAC) for Peel, Halton & Dufferin at 905-890-5222 ext. 2290. The RPAC committee will review your placement and talk to you about your reasons for requesting a transfer or your preference to stay where you are.

### The Ontario Ombudsman

If the steps under "How to Get Help" have not been successful, the Ombudsman can investigate your concerns and help you.

**Phone:** 1-800-263-2841

or call collect at 416-325-5669

**Website:** [www.ombudsman.on.ca](http://www.ombudsman.on.ca)

**E-mail:** [cy-ej@ombudsman.on.ca](mailto:cy-ej@ombudsman.on.ca)