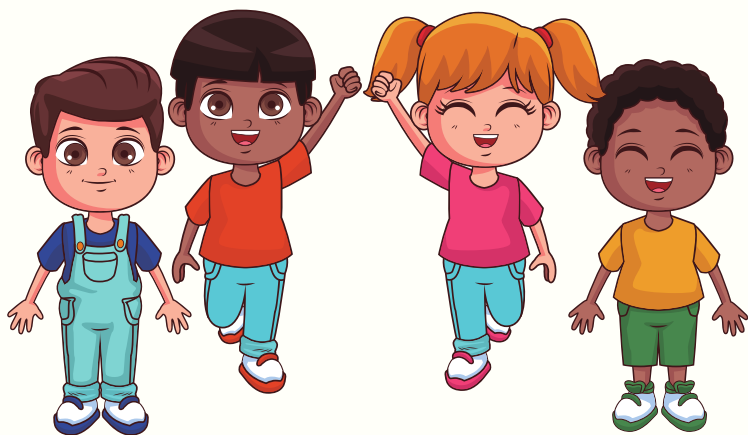


YOUR RIGHTS

as a Child in Care



YOU HAVE THE RIGHT TO:

Go to a doctor or dentist when needed



You should be well
taken care of



Go to school



Try to go to a school
near home



YOU HAVE THE RIGHT TO:

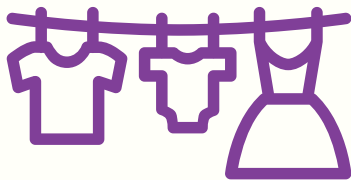
Say what you think



Express your views on
decisions that affect you



Have clean clothes that fit you



And a place to
keep them



YOU HAVE THE RIGHT TO:

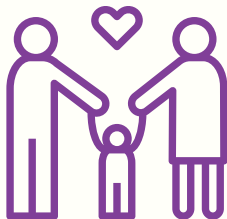
Play games and sports



Have fun doing things
you enjoy near home



Visit your family



See your family and
speak to them in
private, if it's safe



YOU HAVE THE RIGHT TO:

Understand your plan of care



Discuss your plan and
make changes if needed



Never be hit or hurt



No one can ever
hurt you



YOU HAVE THE RIGHT TO:

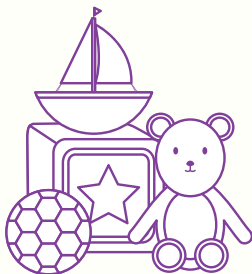
Read your mail by yourself



Send and receive your
mail privately



Have your own stuff



Have privacy and
time alone



YOU HAVE THE RIGHT TO:

Never be locked in a room



No one can ever
lock you up



Follow your religion



Pray and visit your
place of worship if
you want to



YOU HAVE THE RIGHT TO:

Get help with problems



Talk to your worker or
their supervisor, or
someone else you trust.



Contact the Ombudsman



If the problem still isn't fixed, the
Ombudsman can help

Phone: 1-800-263-2841

E-mail: cy-ej@ombudsman.on.ca

Website: www.ombudsman.on.ca

WE EXPECT YOU TO:

Try to be on your best behaviour

Try your best in school



Follow the rules at
home and outside



Talk about your
feelings



Have fun!

