If I am in the care of CAST, I also have rights to:

- Speak in private and visit with members of my family, subject to some limits set out in the Child Youth and Family Services Act (CYFSA)
- Send and receive communication that is not opened or altered, except as permitted by the CYFSA
- A plan of care designed to meet my needs, prepared within 30 days of admission to care, and to participate in its development
- Have access to good quality food and well-balanced meals
- Be given appropriate clothing for my activities and the weather
- Receive regular medical, dental and mental health care
- Receive an education that is right for me
- Take part in recreational, athletic and creative activities that are right for me
- I also cannot be physically punished, subject to methods of prohibited discipline, locked up or detained (except under the criminal law), and restrained by physical or mechanical means except as expressly authorized by the CYFSA
- Be provided with French Languages services if that is my preferred language

Worker Name

_____

Phone number:

_____

Email address:

_____

Supervisor Name

_____

Phone number:

_____

Email address:

_____

Use the QR code or visit ontario.ca/page/the-care-you-deserve for more information about what to expect while living, or being looked after, away from your parent's or primary caregiver's home.

CHILDREN'S AID SOCIETY of TORONTO | LA SOCIÉTÉ DE L'AIDE à L'ENFANCE DE TORONTO

Rights of Children and Youth Involved with the Children's Aid Society of Toronto

As of March 2025

torontocas.ca
416.924.4646

As a child or youth involved with the Children's Aid Society of Toronto (CAST), I have a right to:

- Be informed of my rights
- Express my own views freely and safely about matters that affect me
- Be engaged in decisions that affect me, including about my identity, creed and community, and have my views given due weight in light of my age and maturity
- Have a say in the services I receive
- Express my concerns and suggest changes to those services and to be told about the decisions made about those services
- Be informed about the Ontario Ombudsman and how to contact that Office

The Ontario Ombudsman investigates and resolves complaints concerning children and youth receiving services from Children's Aid Societies in Ontario. Ask your Worker or contact the Office to learn more:

- **Website: Ombudsman.on.ca**
- **Telephone: 416-325-5669 OR 1-800-263-2841 (toll free inside Ontario)**
- **Email: cy-ej@ombudsman.on.ca**
- **Fax: 416-325-5681**

If I am in the care of CAST, I also have rights to:

- Express my views about my treatment, education, work program, creed, community, identity and cultural identity and have my views given due weight in decision-making
- Have a say in any decision about my placement in or discharge/transfer from a residential placement
- Be informed about the procedures for making a complaint to CAST and the Child and Family Services Review Board (CFSRB), and of my right to ask for a review of my placement by the Residential Placement Advisory Committee (RPAC)
- Know the rules of the home in which I live and my responsibilities while living there

To learn more about making a complaint to CAST, please ask your Worker for the Child and Youth in Care Complaints brochure.

The CFSRB is an external tribunal that reviews certain complaints related to child welfare services in Ontario. Ask your Worker for how to submit your complaint for review or visit tribunalsontario.ca.

RPAC is able to review the placements of children and youth in care. Ask your Worker or contact RPAC to learn more:

- **Website: lumenus.ca**
- **Telephone: 416-482-0081 ext. 7233**
- **Email: RPAC@lumenus.ca**

- Reasonable privacy and possession of my own things
- Talk in private and receive visits from my lawyer, the Ombudsman, or a government official

Reach out to your Worker or contact the Office of the Children's Lawyer to get in touch with your lawyer:
Website: ontario.ca/page/office-childrens-lawyer
Telephone: 416-314-8000
Email: OCL.Inquiries@ontario.ca

- Be asked what aspects of my identity are important to me, have them considered in decisions that are made, and be offered a resource person to support me in meeting my needs related to my identity
- Take part in activities of my choice related to my creed, community identity and cultural identity
- If I am a First Nations, Inuk or Métis child, have the importance of the uniqueness of my cultures, heritages, traditions of preserving my cultural identity and connection to community be considered when decisions are made, and be offered a resource person to support me in meeting my needs related to these matters.
- Participate in services, programs or activities offered or recommended by their band or First Nations, Inuit or Métis community or an organization closely linked to their culture, heritage and traditions