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# Tikinagan

Child & Family Services



## My Rights and Responsibilities

**Need Help?**

Call 1-800-465-3624

(Free Phone Call)



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# Tikinagan

Child & Family Services



# Mamow Obiki-ahwahsoowin

Everyone Working Together  
to Raise Our Children

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**My Name**

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**My Worker**

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**My Worker's Phone Number**

**Tikinagan Phone Numbers**

1-800-465-3624 (Toll Free)

1-807-737-3466

Emergency/on-call available 24/7

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**Community Branch Office**

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**My Placement is with:**



**The law gives every child rights, and these rights are in place to protect you.**

**This booklet** is designed to explain your rights, as well as your responsibilities. If you feel your rights haven't been respected, please see the next page - Voicing Your Concerns. You have the right to ask questions or make a complaint at any point during your time in care.

**This booklet** is yours to keep. You should write all of the important names and numbers as you review this with your Child Care Worker. If you need a new booklet, ask your foster parent or Worker at any time, or contact Tikinagan Child and Family Services at one of the numbers on the cover of this booklet.

**This booklet** is also available online at [tikinagan.org](http://tikinagan.org)



## About Tikinagan Child and Family Services

Tikinagan is a First Nations child welfare agency, created by the Chiefs of Nishnawbe Aski Nation. Tikinagan was developed to provide child protection services that honour and respect First Nation values, traditions and culture. We call this Mamow Obiki-ahwahsoowin which means “everyone working together to raise our children.”

Within Mamow Obiki-ahwahsoowin, protecting and caring for children is a community responsibility. This means we try to involve grandparents, aunts and uncles, Elders, First Nation leadership, and other services in your community to help you and your family.

## Our Responsibilities

Tikinagan has the responsibility to uphold your rights by providing a safe place to live, clothing, regular dental and medical appointments, and access to schooling and recreational activities.

Tikinagan will make sure that a child care worker sees you at least once a month for a private visit.



## Voicing Your Concerns

If any of the rights outlined in this booklet are not being met, you have the right to complain. We encourage you to speak with your Child Care Worker first about your concern.

At any time, you have the right to ask for a formal review of your complaint. For a formal review, you will need to put your complaint in writing. You can write the complaint yourself, or ask your Worker, friend, foster parent or adult you trust, like a teacher, to help you.

The written complaint can be sent to:

Attention - Senior Management

PO Box 627, Sioux Lookout, ON P8T 1B1

**Fax:** 1-807-737-3543 • **Email:** [info@tikinagan.org](mailto:info@tikinagan.org)

You will be contacted about your complaint within seven (7) days.

**Worker's name and number:**

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If your Worker is unable to help you, or you don't feel listened to, you can ask your Worker to speak to their supervisor.

**Their supervisor can be reached at:**

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(Worker to give this information)

**Voicing Your Concerns**

You also have the option of bringing your concerns to the provincial **Child and Family Services Review Board**.

[www.cfsrb.ca](http://www.cfsrb.ca)

**1-888-728-8823**

You also have the right to contact the **Ombudsman Ontario Children and Youth Unit** with your complaints.

[www.ombudsman.on.ca/what-we-do/topics/children-youth](http://www.ombudsman.on.ca/what-we-do/topics/children-youth)

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

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



## What Are Rights?

Every person has rights. As a child in care of Tikinagan you have some rights that are very special to you. Rights are like laws. They protect you. They make sure that every moment you are in care, no matter where you are, you are safe, happy and healthy.

One of the great things about rights is they are written down in law books and many are in this booklet.

If you think there is something wrong about the way you are being treated, you can use your rights to make things better.

You can call your Worker at Tikinagan to discuss your concerns and he/she will make sure your rights are respected.

**Rights** are like laws.  
They **protect** you.





## Know Your Rights!

You and your Child Care Worker will review your rights at least once every six months or at each new placement. Talk to your Worker if you would like to go over them at any other time.

Know your rights. Your rights belong to you.

Until you are 18-years-old, your rights are covered under the Child and Family Services Act or the Youth Criminal Justice Act.

The more you know and understand your rights, the more secure you'll feel. No matter what your age, you're included – so read on!



### About Your Rights

Talk to your Worker or call Tikinagan Child and Family Services to learn more about your rights at

**1-800-465-3624** or **(807) 737-3466**



Ask for Intake and let them know you are calling about your rights



## Being Heard

You have the right to be heard and express your feelings, thoughts and opinions, especially when important decisions are being made about you. You have the right to participate in your plan of care. In order to make the best decisions about your care, you must be part of the discussions. It's your future we're talking about and we want to know what you think.

If there are decisions being made about you and your future in court, you have the right to be there.

You have the right to be **heard**  
and **express** your feelings,  
thoughts and opinions.



## **Food and Clothing**

You have the right to have healthy foods daily and cannot be denied food as a form of punishment. You have a right to receive regular meals that are nutritious and well-balanced.

You have a right to receive appropriate clothing for your age and activities. You or your foster parent can ask your Worker to arrange a purchase order for clothing.



### **Medical Care**

You have the right to regular doctor appointments, dental appointments and eye care. If you are sick, you have the right to be taken care of.



### **Education**

You have the right to attend school and take classes. If you are having problems at school, talk to your foster parent, Child Care Worker, school counsellor or teacher.

You have the right to attend  
**school and learn.**



## **Social and Recreational Activities**

You have the right to participate in recreational and athletic activities that you are interested in.

Discuss this with your foster parent or Worker.



## **Religion/Spirituality**

You have the right to participate in your religion, attend church and/or cultural teachings. Everyone in Canada is free to practice religion or no religion at all.



### **Treated Fairly**

You have the right to be treated fairly, regardless of your age, race, sex, culture, religion, abilities or sexual orientation.



### **Language and Communication**

You have the right to an interpreter if you are not being understood because of the language you speak or a disability. You have the right to speak your Native language.



## Privacy and Belongings

You have the right to reasonable privacy and to have your own belongings. You have the right to have your own bed. You have the right to have a place to put your belongings.

Privacy means a lot of things. It can mean being by yourself or having your own personal property. It can also mean privacy for getting mail and communicating with your friends and family.

Privacy is important to all of us, and as long as it is safe for you, privacy is your right.

You have the right to **privacy** and to have your own **belongings**.



## Family Visits

You have the right to visit privately and regularly with your family, unless your safety is a concern. If you are uncomfortable visiting alone, ask your Worker about supports during the visit. All visits are planned in advance and only if they are safe for you.



## Private Communication

You have the right to talk privately with your Worker, lawyer, Member of Parliament or the Ombudsman Ontario Children and Youth Unit.

### Important Contacts

Ombudsman Ontario Children and Youth Unit  
[www.ombudsman.on.ca/what-we-do/topics/children-youth](http://www.ombudsman.on.ca/what-we-do/topics/children-youth)

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

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





## Feeling Safe

You have the right to feel safe and live free of abuse. No one can hit, spank, punch, push or slap you. No one can call you names or put you down. No one can make fun of you. No one can lock you up in a room, house or building. No one can threaten you in any way.

You have the right to know what the rules are where you are staying. You need to know what the consequences are if you break the rules. These consequences will not include any form of physical punishment, withholding of food, water, sleep or shelter, or punishment that belittles you or requires endurance, like standing in corner.

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Child Care Worker

Other Important Contacts

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## **What is Child Abuse?**

Child abuse is any behavior that harms a child (someone under the age 18). This behavior can be emotional, physical or sexual. Neglect is also a form of child abuse. Neglect is when a parent or caregiver fails to provide for and take care of a child's needs.

### **Emotional Abuse**

When someone is emotionally abusing you they are hurting you with words. This type of abuse doesn't leave physical marks, but makes someone feel unwanted, unloved, useless and unworthy.

### **Neglect**

Neglect is when a parent or caregiver does not provide for your basic needs. Your basic needs include food, home, clothing, safety, supervision, medical care, school or feeling loved, wanted and safe.

## Physical Abuse

If someone does something to hurt any part of your body, they may be physically abusing you. Physical abuse can leave marks, bruises, broken bones or more serious injuries. But physical abuse doesn't have to leave a mark or bruise. Physical abuse includes hitting, punching, kicking or shaking.

Sometimes you may feel as if you did something to deserve being hurt. This is not true. There is nothing that you can do, think, say or feel that makes it okay for someone to harm you.

## Sexual Abuse

Your private parts are areas on your body that are covered up when you are wearing a bikini or swim trunks. If someone touches you or tries to touch your private parts with their hand, mouth, other body parts or objects, or if someone tries to take pictures of your private parts, this is sexual abuse. Sexual abuse can happen when an adult or another child touches you or asks you to touch their private parts.



## How to Report Abuse

If you feel you are being abused, or neglected, in a foster home or by anyone, tell your Worker immediately or call Tikinagan anytime at

**1-800-465-3624 or (807) 737-3466** 

Ask for Intake and let them know you are calling to report abuse

You can also tell a teacher, doctor, police officer or other adult you feel comfortable with.

Telling someone that you are being abused can be really scary. It may be the hardest thing that you have had to do, but it is important to tell. You need to tell in order to make the abuse stop.



## Age 12+

### **You have the right to have the Residential Placement Advisory Committee review your treatment placement**

If you are not happy with your placement, you have the right for a placement review. This can be done with your Worker, their supervisor or you can call Tikinagan to ask to speak to the Residential Placement Advisory Committee (RPAC). You also have the right to appeal the decision made by the RPAC.

### **Decisions being made about you in court**

If you are 12 or older, you have the right to know if decisions are being made about you in court so that you can be there when it happens.

Under our service model, Mamow Obiki-ahwahsoowin, court involvement is rare. But it does happen and you have the right to know.

## **You have rights if you are charged with breaking a law**

You have the right to be informed of the offence and a right to legal representation. You can talk to your Worker about choosing a lawyer.

## **Age 18+**

### **In addition to the rights of youth ages 12 and up...**

You may qualify for assistance at 18 until you reach 21 under our continued care and support for youth program. There are guidelines that you will need to follow to qualify. Talk to your Worker about this option.

You may qualify for educational assistance for your post-secondary education also! Please speak to your Worker about this or visit [www.tikinagan.org](http://www.tikinagan.org) and see the Youth Support section.



## **Your Future is Waiting**

If you are currently or previously in care, your Worker will let you know about opportunities and support from Tikinagan and our partners.

For information on grants, programs and assistance with your post-secondary education, call:

**1-800-465-3624 or (807) 737-3466** 

Ask for Intake and let them know you want information on education grants for youth in care or previously in care



## What Are Responsibilities

In order to provide the best care for you, the kind of care that every child deserves, there are things you need to do. Your responsibilities listed here are what we ask of you in order to keep you safe, secure and healthy.

1. Follow the rules of the foster home or residence in which you are living.
2. Respect the property of the foster home. Do not damage the home or personal effects of the foster family or others.
3. Respect other people in the home, whether they are children or adults, as well as people in the community around you.
4. Respect the privacy of others.

5. Keep your foster parents informed of where you are. If you change your plans, or are going to be late, let your foster parents know.
6. To respect your body and keep yourself clean. Take care of your personal hygiene and keep your room tidy.
7. Respect your body and be free of drugs and alcohol. If you are struggling with this, talk to your foster parent or Worker for help.
8. Let people around you know how you are feeling. Your thoughts are very important for today and your future.
9. Attend school on a regular basis and try your best.
10. Keep in touch with your Child Care Worker.
11. Be part of your foster family's regular routine. Help out around the house with daily chores appropriate to your age.

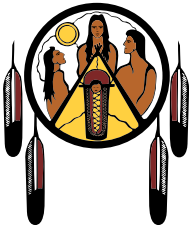
**Do you have other responsibilities you'd like to include or discuss with your Worker? List them below:**

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_



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# Tikinagan

Child & Family Services

## **Mamow Obiki-ahwahsoowin**

Everyone Working Together  
to Raise Our Children

Find out more about our organization, history and service model (Mamow Obiki-ahwahsoowin) on our website.

This booklet is also available online under About-Publications.

PO Box 627  
Sioux Lookout, ON P8T 1B1

**P:** (807) 737-3466  
**TF:** 1- 800-465-3624

**[www.tikinagan.org](http://www.tikinagan.org)**