

Things to Know

My Parent Therapist(s) _____
My address here _____
My phone number here _____
Other kids living here _____
Regular Helpers in the home _____
Pets _____

AT QCH YOU HAVE A TEAM

Your TEAM may include:

Your CAS worker _____
Your family members _____
Parent Therapists _____
A Supervisor from QCH _____
Child & Youth workers/Home Helpers _____
A counsellor _____
Your Teacher _____
A doctor _____
Someone from your church or cultural community _____



This book belongs to:

A guide to children's rights.

We are “Quinte Children’s Homes” or “QCH” for short. We take care of many children living in foster care, just like you! It can be hard to move into a foster home. You probably have lots of questions.



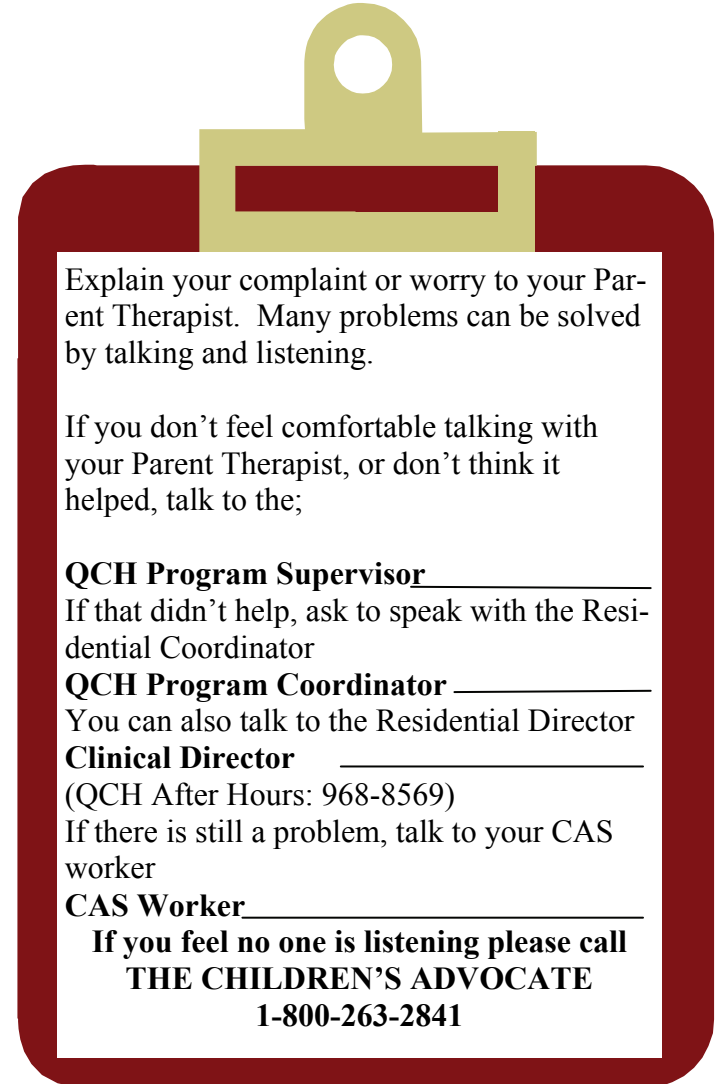
Lets read through your Rights Hand-
book together. We want to make sure
you understand your rights so please
ask any questions.

This book includes info on:

- * Your Rights
- * Your Responsibilities
- * Your Privacy
- * How to Complain
- * Contact Numbers



Do you have a COMPLAINT or WORRY?



Explain your complaint or worry to your Parent Therapist. Many problems can be solved by talking and listening.

If you don't feel comfortable talking with your Parent Therapist, or don't think it helped, talk to the;

QCH Program Supervisor _____
If that didn't help, ask to speak with the Residential Coordinator

QCH Program Coordinator _____
You can also talk to the Residential Director

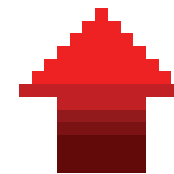
Clinical Director _____
(QCH After Hours: 968-8569)
If there is still a problem, talk to your CAS worker

CAS Worker _____

**If you feel no one is listening please call
THE CHILDREN'S ADVOCATE
1-800-263-2841**

IMPORTANT

You will never get into trouble for talking about a worry or complaint!



Your Privacy

We collect and use personal information about you.

Personal information includes your name, age, information about your health and your activities and views.

We collect and use your personal information for these reasons.

- Developing your treatment plan
- Making decisions about your placement
- To understand your needs
- To make sure we find the right kind of support for you
- Legal reasons

We protect your privacy by making sure only the people who need it to help you, see it.

You have the right to

- Know what information we collect about you
- Have information about you explained in a way you understand
- To have mistakes in your personal information corrected

All about your Rights & Responsibilities

- ☺ Children have many rights, and it's important you know them.
- ☺ Someone from your Team will review your rights with you regularly, and so will your CAS worker.
- ☺ You will be asked to sign a paper each time you review your rights and that paper goes into a file all about you.
- ☺ If you are being hurt physically, sexually or emotionally please tell someone you trust right away. You can call anyone listed in this book. They will help you.

Know your Rights



- ☺ Healthy Food and a safe home
- ☺ Go to school and make friends
- ☺ Clothes for every season
- ☺ Medical and dental care
- ☺ Services for any special needs
- ☺ Fun activities in the community

- ☺ Attend church or cultural activities
- ☺ Participate in your Plan of Care
- ☺ Visit family (unless a judge orders)
- ☺ Speak privately with a lawyer, Ombudsman, Advocate, Member of Parliament



- ☺ Send and get mail privately unless it might be harmful to you
- ☺ Personal belongings and space
- ☺ Privacy
- ☺ Know what Information we Collect and keep In your file

- ☺ Visits with your CAS worker
- ☺ Have your placement reviewed
- ☺ Predictable discipline with no physical punishment
- ☺ Have your worries or complaints heard and responded to

Know Your Responsibilities too!

- ✓ Be honest with yourself and others
- ✓ Take responsibility for your actions
- ✓ Talk about your thoughts and feelings about your foster home with your Parent Therapist - they are here to help
- ✓ Keep yourself safe
- ✓ Know the safety and behaviour rules of your foster home and do your best to follow them
- ✓ Speak to someone you trust if you have worries or complaints
- ✓ Treat people and things with respect and care
- ✓ Speak up and share your ideas at meetings about you!

Rights and Responsibilities are complicated, and sometimes adults have to limit children's rights if a child is behaving in an unsafe or unacceptable way. For example, you have the right to healthy food, but you will not be allowed to throw it at anyone!

We have more information about privacy, confidentiality, your rights and placement reviews. If you would like it, please ask. We are happy to give you more information.