



Orientation to Ontario

LEGAL RIGHTS AND SERVICES

THE CANADIAN CHARTER OF RIGHTS AND FREEDOMS

The Charter protects the following rights and freedoms for both men and women:

- The freedom to express your beliefs.
- The freedom to associate with anyone you wish.
- The freedom to practice your religion.
- The right to live anywhere in Canada.
- The right to protection from unlawful arrest, and the right to due process of the law.
- The right to equal protection and equal benefit of the law without discrimination based on race, national or ethnic origin, colour, religion, sex, age, or mental or physical disability.
- The right to receive services from the federal government in either English or French.

Learn about the Charter at the Department of Justice: [justice.gc.ca](https://www.justice.gc.ca) or findlink.at/constiacts

THE ONTARIO HUMAN RIGHTS CODE

Under the Code, it is illegal to discriminate against or harass a person in the areas of employment, housing and services based on the person's age, race, ethnicity, place of origin, religion, disability, marital status (including same-sex partnership status), identity, record of offenses, sex gender or sexual orientation.

If you feel you have been discriminated against based on one of these protected grounds, you can make a claim to the Human Rights Tribunal. To get legal help from the Human Rights Legal Support Centre, visit [hrlsc.on.ca](https://www.hrlsc.on.ca)

Learn more about human rights in Ontario at the Ontario Human Rights Commission: [ohrc.on.ca](https://www.ohrc.on.ca)

YOUTH RIGHTS

While a young person is considered an adult at 18 years of age, there are other laws based on age. In Ontario, you must be 19 years old to drink or buy tobacco products. The age of consent for sexual activity is 16, with some exceptions.

Learn more about the age of consent at [justice.gc.ca](https://www.justice.gc.ca) or findlink.at/ageconsent

LEGAL SERVICES

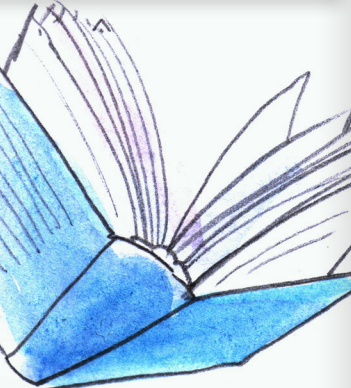
Learn more about Ontario's legal system and how to access legal services:

For a directory of lawyers and paralegals in Ontario, visit the Law Society of Upper Canada at [iso.ca](https://www.iso.ca) or findlink.at/tlsu

- Legal Aid Ontario provides legal services to people with low incomes. Call 1-800-668-8258 or visit [legalaid.on.ca](https://www.legalaid.on.ca)
- Settlement.org provides information about the Canadian legal system and legal services: [settlement.org](https://www.settlement.org) or findlink.at/Legal-Serv

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1-855-626-0002
<https://orientationontario.ca>



- Community Legal Education Ontario produces fact sheets to help people understand their legal rights and obligations. For more information, visit cleo.on.ca
- For legal information (available in over 170 languages), call 1-866-252-0104 or visit Justice Ontario: ontario.ca

If you feel you have been treated unfairly by the Ontario government, you can report the incident to the Ombudsman of Ontario: ombudsman.on.ca

IMPORTANT NOTE

In Ontario, two important laws protect your legal rights and freedoms:

- The Canadian Charter of Rights and Freedoms
- The Ontario Human Rights Code

