

Legal Rights and Services



The Constitution of Canada has rules for the legal structure of the federal and provincial governments. The Canadian Charter of Rights and Freedoms is a part of the Constitution. The Charter outlines the freedoms and rights of Canadian citizens and permanent residents.

The Canadian Charter of Rights and Freedom

The Charter protects your rights. You have many rights as a Canadian:

- the right to equal legal protection with no discrimination because of your race, national or ethnic origin, colour, religion, sex, age, or mental or physical disability
- the freedom to express your beliefs and opinions
- the freedom to spend time with anyone you wish and gather with other people in a peaceful way
- the freedom to practice your religion
- the right to live anywhere in Canada
- the right to protection from being arrested if you did nothing wrong and the right to get a lawyer
- the right to receive services from the federal government in either English or French

■ Learn more about the Charter at the Department of Justice:
<https://laws-lois.justice.gc.ca/eng/const/page-15.html/>

The Manitoba Human Rights Code

You are important. Manitobans believe that every member of the human family has value and dignity. This is based on the Universal Declaration of Human Rights, the Canadian Charter of Rights and Freedoms, and other international and promises. If you have been a victim of discrimination, you can make a claim to the Human Rights Commission.

- More information on The Manitoba Human Rights Code:
<https://web2.gov.mb.ca/laws/statutes/ccsm/h175e.php/>
- Get legal help:
<http://manitobahumanrights.ca/v1/complaints/complaints-filing-a-complaint.html>



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Youth Rights

In Canada, you are an adult at 18 years of age. There are laws based on your age. For example, you must be 18 years old to drink alcohol or buy tobacco products in Manitoba.

You can agree to participate in sexual activity when you are 16 years old. This is called the age of consent. Sometimes, the **age of consent** changes, especially when there is a relationship of trust or authority. For example, a teacher cannot have a sexual relationship with a student, even if the student is 16 years of age. This is because the teacher is in a position of trust and authority.

In other words, a person must be at least 16 years old to agree to sexual activity, but there are some exceptions.

- More information:
https://residents.gov.mb.ca/reference.html?d=details&program_id=388/
- Learn more about the age of consent:
<https://www.justice.gc.ca/eng/rp-pr/other-autre/clp/faq.html/>

Legal Services

Manitoba Justice - Helping Communities

Manitoba Justice helps to provide a safe, just and peaceful society. The justice system supports equality, fairness, individual responsibility and respect. Effective programs and services make safer communities. You can learn more about Manitoba's legal system and how to access legal services at <https://www.gov.mb.ca/justice/index.html>

- Directory of lawyers and paralegals in Manitoba at Law Society of Manitoba:
<https://lawsociety.mb.ca/>

- Legal services for people with low incomes at Legal Aid Manitoba:
Call 204-985-8500 or 1-800-261-2960
<https://www.legalaid.mb.ca/>
- Information on laws and justice:
<https://www.gov.mb.ca/justice/>
- If you feel the government of Manitoba did not treat fairly, you can report the incident to the Ombudsman of Manitoba:
<https://www.ombudsman.mb.ca/>