



In California, we have rules to protect the rights of young people who are in a juvenile hall, camp, or other juvenile justice facility. These rights are laws. Here you can find a list of your rights.



Personal

- You have the right to live in a safe, healthy, and clean place that helps you to get the skills and training you need to heal and return home.
- You have the right to be treated with dignity and respect.
- You have the right to eat healthy food and snacks.
- You have the right to have clean water to drink at any time.
- You have the right to use the bathroom when you need to.
- You have the right to take a shower every day.
- You have the right to have clean bedding.
- You have the right to have clothes that fit you, are in good condition, and respect your gender identity and expression.
- You have the right to have clean underwear every day that fits you properly and respects your gender identity and expression.
- You have the right to have the things you need for grooming (like soap, shampoo, deodorant, menstrual products, and lotion) that respect your culture, ethnicity, gender identity, and expression. This means that you can have hair and body products that are right for your type of hair and skin and gender.



Recreation

- You have the right to have time to do physical activities every day for at least one hour.
- You have the right to go outside for at least one hour per day unless there is bad weather.
- You have the right to at least one hour a day of daily recreation, including having time to read, to write letters, and to entertainment that match your age and maturity.



Court

- You have the right to go to all the court hearings that involve you.
- You have the right to have an attorney and a court hearing, called a probable cause hearing, if you are being held in a juvenile facility for probation violations.



Pregnant and Parenting

- If you are a parent, you have the right to get information and help to take care of your child, your rights as a parent, things that can support you as a parent, reunification help, and ways you can stay connected with your child.
- You have the right to get education and special training on pregnancy, caring for your baby, parenting, breast-feeding, and child development.
- You have the right to get proper medical care if you are pregnant, including prenatal care, food and nutrition that is best for pregnancy, vitamins, other medical treatment that is needed to keep you and your pregnancy healthy, and counseling for you before and after your baby is born.
- You have the right not to be put in restraints, leg irons, waist chains, or handcuffs behind your back when you are pregnant or recovering after giving birth.
- You have the right not to be restrained during a medical emergency, labor, delivery, or recovery, unless it is necessary for safety and security, and to have them removed if a doctor or nurse determines it is needed to provide you medical care.
- You have the right to access written policies that explain how pregnant, nursing, and new parents should be treated.



Discipline

- No one is allowed to take away any of the following things from you as a form of discipline or punishment: food; contact with your parents, family, or attorney; sleep; exercise; education; bedding; clean clothes; religious services; a daily shower; clean water; a toilet; grooming products; medical care; reading materials; and sending or getting mail.
- You have the right to not be locked in a room as a punishment.
- You have the right to be given the rules on discipline. You must be given these rules in writing.
- If someone accuses you of something, you have the right to know what it is, to be heard, to defend yourself by sharing evidence or testimony, and to appeal the discipline decisions.
- You may want to contact your attorney to get their help to defend yourself and appeal discipline decisions.



Searches

- You have the right to not be searched just to make you feel bad or embarrassed, or to punish you. Searches must be done in a way that respects your privacy and dignity.
- You have the right to not be searched just to verify your gender.
- You have the right to get a written copy of the rules about searching at any time, and it must have the rules on who can do the searches.
- Searches should only be done to ensure the safety and security of the facility, youth, staff, and visitors.



Medical

- You have the right to ask for and get timely access to doctors, dentists, eye doctors, reproductive care, and mental health services when you need them. All of these services should be given to you by professionals who have the training and licenses to provide you with the type of care that you are getting.
- You have the right to say no to certain medicines that are used to help with mental health. The only time this right can be taken away from you is if it is needed to save your life or protect you or others from serious harm.
- You should always talk with your doctor about your concerns and the risks of not taking a medication. If you want to stop taking a medication you are already on, you should work with your doctor and the facility medical staff to do this in a safe way. You can also tell your attorney and probation staff how you feel about the medications you are taking, any side effects, or other concerns you might have about these medications.



Religion and Spiritual

- You have the right to practice your religion or spiritual beliefs including religious services and activities.
- You have the right to refuse to take part in religious services or activities.



No Abuse

- You have the right to not be abused in any way. This includes physical, sexual, emotional, or any other abuse. No one is allowed to punish you by hitting you.
- You should tell your attorney, a trusted adult, a staff person, or your probation officer if you are being abused. You can also call the Office of Youth and Community Restoration Ombudsperson at 1-844-402-1880.



Phone, Mail, & Visits

- You have the right to make at least two free phone calls within an hour of arrival at a juvenile facility after an arrest.
- You have the right to frequent and continuing contact with your parents, brothers and sisters, your children, and other relatives.
- You have the right to talk to them on the phone, have them visit you, or send them letters. You may be given access to a computer to connect with your family, but it shouldn't replace seeing them in person.
- You may be allowed to visit other family members and supportive adults with approval from the Facility Administrator.
- Mail that you send or get from family, friends, your children, and other supportive adults can be opened to search for contraband and can only be read by staff when they have a good reason to believe that the letter or mail could risk the safety and security of the facility, other youth, or the public.



Confidential Contacts

- You have the right to confidentially contact your attorney, the Office of Youth and Community Restoration Ombudsperson, advocates, and certain people who work for the government about your rights being violated and what is happening inside the facility. You cannot be punished for contacting them.
- You have the right to make private phone calls, send and receive private mail, and have private visits with your attorney, the Office of Youth and Community Restoration Ombudsperson, advocates, court personnel, people who give you legal services, and people who hold a public office.
- You have the right to have these visits and letters be confidential, which means that the Probation Department is not allowed to be listening or recording these visits or looking at or reading mail or letters from these people. The Probation Department can authorize certain staff to open mail from these people only to search for contraband and this must be done with you there.



Education

- You have the right to a quality education that follows the state law and standards, and prepares you for high school graduation, college, and a job.
- You have the right to attend the classes for your grade level and job training.
- You have the right to have access to college, career, and job training programs.
- You have the right to have access to a computer and the internet for your school, career, or job training program.
- You have the right to get educational services even if you are on disciplinary or medical status.
- You have the right to have access to information about the education options that are available to you.



Treated Equally

- You have the right to be treated fairly and have equal access to all available services including housing, care, treatment, and benefits.
- You should not be treated unfairly or discriminated against because of your race, ethnicity, ancestry, national origin, language, color, religion, sex, sexual orientation, gender identity and expression, mental or physical disability, immigration, or HIV status.

WHAT IS AN OMBUDSPERSON?

A person whose job it is to help you if you are in a juvenile justice facility in California and need help to solve problems about how you are being treated.

The Ombudsperson is an independent problem-solver responsible for investigating complaints and attempting to resolve them for the people involved. As a youth in a juvenile justice facility, you have the right to ask questions or file a complaint with the Office of Youth and Community Restoration (OYCR) Ombudsperson. You can file a complaint if your rights have been violated or ignored or you are concerned about the condition of the facility you are in. You cannot be punished or threatened for making a complaint. If you are not sure how we can help, please call, email, or write to us.

WHO TO CALL ABOUT MY RIGHTS:

If you think your rights are being violated or have concerns with the juvenile justice facility you are in, you have the right to privately contact the Office of Youth and Community Restoration Ombudsperson. You cannot be punished or retaliated against for making a complaint.

Helpline: 1-844-402-1880

Email: OYCRombuds@chhs.ca.gov

Website: oycr.ca.gov

**Address: OYCR Ombudsperson
1215 O Street, MS-08
Sacramento, CA 95814**