



Human rights and YOUth

Know Your Rights

Human rights are about the right to be respected, to belong and to be equal.

What is discrimination?

Discrimination is when you, or someone else, is treated unfairly by another person or a rule because of the group you belong to. It could be because of your race, ethnicity, nationality, religion, sex, family, disability, age, or sexual orientation.

What are some examples of discrimination?

- Name calling or bullying in the schoolyard.
- Being turned down for a job because of your race or colour.
- Not being allowed to use a public service, like a restaurant, because you have a disability.
- Not being allowed into a store because of your age.
- Making fun of people who are gay at school or at work.

Why stop discrimination?

Because discrimination hurts. The group you belong to is part of your individual identity and no one should treat you unfairly because of that.

Am I protected from discrimination?

Yes, human rights law protects you:

- when using public places, like schools, stores, and restaurants
- when finding a place to live
- at work or when trying to get a job
- in publications, like books or newspapers.

What if my friends and I are discriminated against?

Tell someone. Discrimination is against the law. There are laws that protect your rights:

- *NWT Human Rights Act*
- *Canadian Human Rights Act*
- *Charter of Rights and Freedoms*



Northwest Territories Human Rights Commission

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If you experience discrimination in school, tell your teacher or the principal. If you're in a store, tell the manager. If you're at work, tell your supervisor. Schools, businesses and employers are not allowed to discriminate against you. If you have been treated unfairly, say something. If you're not comfortable speaking up, or if that didn't help, you can write, fax or phone the NWT Human Rights Commission.

Can I file a human rights complaint?

Yes, you can file a complaint of discrimination with the NWT Human Rights Commission.

What will happen when I contact the Commission?

Someone from the Commission will listen to your story and tell you if the discrimination you've experienced is something the Commission can help you with. If not, then we may be able to suggest where you can find help.

You can file a complaint with the Commission when you believe that someone discriminated against you. It doesn't cost anything to file a complaint. It is against the law to take action against you because you file a complaint, or because you help someone to file a complaint.

The complaint process has 5 possible steps.

1. You write your complaint, or someone from the Commission can help you write your complaint.
2. Your complaint will be sent to the person or business that you complained about.
3. Someone from the Commission will work with you and the person you filed the complaint against to try to settle the complaint.
4. Your complaint could be investigated.
5. After investigation, there may be a hearing to decide if someone broke the law.

Where can I get more information?

NWT Human Rights Commission
Main Floor, Laing Building
5003-49th Street (entrance on Franklin St., next to Motor Vehicles.)
PO Box 1860
Yellowknife, NT X1A 2P4
Toll Free: 1-888-669-5575
E-mail: info@nwthumanrights.ca
Website: www.nwthumanrights.ca

Write:
PO Box 1860
Yellowknife, NT X1A 2P4
E-mail: info@nwthumanrights.ca
Fax: 867-873-0357

Call:
Toll Free: 1-888-669-5575
Yellowknife: 867-669-5575

Visit:
Main Floor, Laing Building, 5003-49th Street
(Entrance on Franklin Street.)
Web: www.nwthumanrights.ca