

 yfs

know your rights

& *community
resources*



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know your rights



POLICE INTERACTION

This information was collected from the Canadian Civil Liberties Association's Know Your Rights Citizens guide *When Dealing With Police*.

if stopped by the police i have the right to...

- not allow police to search my belongings; if they insist, state loudly and repeatedly that you are not consenting to a search, but do not physically interfere.
- not answer any questions posed by the police if detained.
- be given an opportunity to speak to a lawyer if detained.
- make more than one phone call in order to reach a lawyer, if necessary.
- speak to a lawyer in private.
- not be asked any questions until I have obtained a lawyer.

The police must also tell you about Legal Aid and your right to free legal services.

if stopped while driving the police can...

- stop cars at any time. If the police ask to see your driver's license, car registration and insurance, you are required by law to produce these documents.
- only search your car if they have reasonable and probable grounds to believe that there are illegal drugs or alcohol or evidence relating to the commission of a crime in the car.
- I have the right to not be searched if the police check my sobriety, the mechanical condition of the car, my license, registration or insurance have stopped my car.

detainment, arrest and warrants

- The police have the right to detain you if they are investigating a crime and have reasonable grounds to

believe that you are connected to that crime.

- If you are arrested, you have the right to be informed promptly of the reason of your arrest. If you are unsure, you should politely ask the police officer why you are being arrested.
- If the police does not arrest you or if they do not have grounds to detain you, they MUST let you be on your way.

the police can only enter your home if...

- The police have a warrant to enter your home to arrest someone;
- The police have a search warrant;
- The police have permission from you or someone else in authority in your home;
- There are urgent circumstances that require the police to enter your home.

the police can enter my home without permission if...

- When a 911 call has been made from your home, and the police believe that entry is necessary to prevent death or serious injury.
- Where the police believe that someone in the home is in need of emergency services.
- To help someone who has reported a domestic assault to safely remove their belongings.
- To protect people from injury if the police suspect that there is a drug laboratory in the home.

To learn more about your rights, or if you feel like your rights have been

breached, contact the York Federation of Students.

Vice-President Campaigns & Advocacy at vpcampaigns@yfs.ca OR President at president@yfs.ca

TENANT RIGHTS

All these points have been taken from the Residential Tenancies Act (RTA) created by The Federation of Metro Tenants' Association as well as the Centre for Equality Rights in Accommodation).

tenants

The Residential Tenancies Act (RTA) defines a tenant as a person who pays rent in return for the right to occupy a rental unit.

The RTA also defines that a tenant is not "a person who has the right to occupy a rental unit by virtue of being a co-owner of the residential complex in which the rental unit is located, or a shareholder of a corporation that owns the residential complex."

exceptions to the RTA definition of a 'tenant'

It can be unclear for some people to determine if the RTA definition of a 'tenant' applies to them, and as a result, if the RTA applies to their tenancy. Most people who pay rent to a landlord for a unit are considered a 'tenant' by the RTA because the definition of a tenant is very broad.

the RTA does not cover...

- those living in student residences
- a place that is supposed to be used for business;
- a place where a kitchen or a bathroom is shared with the owner or a close family member of the owner;
- temporary or seasonal housing;
- housing co-op;
- rehab facility

Even if you do not have a lease or a tenancy agreement, the RTA still covers you.

Yes, you are allowed to have children in your apartment.

leases

You do not have to renew your lease when it expires; you automatically become a month-to-month tenant. All the terms of your original lease continue.

The only charge a property owner can ask from you when you move in is first and last month's rent. (A property owner may also ask for a key deposit, but it cannot be more than the cost of replacing the key)

A property owner cannot charge a 'damage deposit' or other additional charges.

maintenance

The property owner can only enter your apartment between the hours of 8am and 8pm, if something needs to be fixed, to do a maintenance inspection, and/or the property owner is showing your apartment to new tenants after you submit a notice of your plan to leave.

The property owner must fix anything that breaks or does not work properly.

The property owner must help you get rid of pests.

The property owner must make sure that the temperature in your apartment is at least 21°Celsius between September 15th and May 31st according to City of Toronto by-laws.

grounds of eviction

- You cannot be evicted if:
- Your children are noisy;
- You ask for repairs;
- You join a tenant association.

The property owner must apply to the Landlord and Tenant Board (LTB) in order to evict you. There will be a hearing, and it is important that you go. The property owner may not change your locks or tell you to leave. The only person that can evict you is the Sheriff. If you are concerned about an eviction or the property owner has threatened you with eviction, call the Tenant Hotline immediately at 416-921-9494.

Two Ontario provincial Bills were passed that impact the legal rights of renters across the province: Bill 184, passed in July 2020, and; Bill 204, passed in October 2020. Here we take a closer look at what renters need to know about these two Bills and their legal rights.

changes to the law: bill 184

WHAT IS BILL 184?

Bill 184, the "Protecting Tenants and

Strengthening Community Housing Act,” was passed by the Ontario government on July 21, 2020. This law made some important changes to the Residential Tenancies Act and the Housing Services Act, two of the most comprehensive laws that govern housing in Ontario.

Many advocates, including CERA, are concerned about the negative impacts that these changes will have on tenants’ rights and housing security.

HOW DOES BILL 184 HELP TENANTS?

Bill 184 increased the fines for landlords who evict tenants “in bad faith.” These fines can apply to evictions in two scenarios.

In the first scenario, a landlord evicts a tenant by claiming that the landlord, a family member, or someone purchasing the unit needs to move in. This is commonly known as an eviction for a “landlord’s own use.” However, it would be considered “in bad faith” if once the tenant has moved out, the landlord, family member, or new purchaser does not move in and instead puts the building up for sale or re-rents it, sometimes at a higher price.

In the second scenario, a landlord evicts a tenant claiming that they want to demolish the rental unit or renovate it. Once the tenant has moved out, the landlord re-rents the unit at a higher price or puts the building up for sale.

HOW DOES BILL 184 HURT TENANTS?

Bill 184 has stripped away many protections from tenants that were formerly afforded to them under the Residential Tenancies Act.

Here are five key concerns under

Bill 184 that could negatively impact tenants, identified by housing rights advocates:

1. Payment agreements

If a tenant has been unable to pay their rent, their landlord can file an application at the Landlord and Tenant Board (LTB) to evict the tenant. This process may involve the landlord and tenant developing a written document that outlines the dates and amounts the tenant will pay to the landlord until the total amount owed has been paid in full. This document is known as a ‘payment agreement.’ Under Bill 184, landlords and tenants are now allowed to develop a payment agreement on their own and file the agreement with the LTB. If the tenant misses a payment or makes a payment later than the dates they agreed to, the landlord may be able to apply for an eviction without notifying the tenant. This means that a tenant could receive an eviction order from the LTB without ever attending a hearing. Moving outside of the hearing process has the potential to negatively impact tenants, as it removes the involvement of a Board member, who is required to consider a tenant’s circumstances when setting out the terms of a payment agreement. Without the involvement of a third-party like an LTB member or a mediator, tenants could be more vulnerable to pressure or intimidation by their landlord to sign an agreement with terms that they do not understand or cannot afford.

2. Alternative dispute resolution processes

Disputes between landlords and tenants can now be resolved through alternative dispute resolution

processes, in addition to mediation and hearings. However, it remains unclear what these “alternative” dispute resolutions will involve. Without clarity on what the alternative processes are, housing advocates are concerned that such processes could potentially weaken tenants’ access to justice, and that tenants may not have the same protection as those available through the hearing and mediation process.

3. Requiring advance notice of concerns/complaints

During dispute processes, tenants are now required to notify the LTB in writing in advance of their hearing of any concerns and complaints they would like to raise against their landlord at their hearing. The problem with this change is that tenants often do not raise problems with their landlord until they arrive at their hearing out of fear of retaliation from their landlord in the form of eviction threats, harassment, or loss of a landlord referral. This requires tenants to be legally-savvy and develop their legal arguments well in advance of their hearing. Most tenants find the legal process complex and overwhelming as upwards of 97% of tenants do not have representation to help them navigate the LTB process.

4. Pursuing financial compensation from current and former tenants at the LTB

Starting on September 1, 2021, landlords may seek financial compensation from tenants at the LTB for various issues, including for unpaid rent, unpaid utilities, damages to the rental building, and costs associated with if the tenant interfered with the

landlord’s reasonable enjoyment of, or legal interest in, the rental property. Landlords can claim compensation from current tenants, as well as from former tenants, for up to one year after the tenant moves out. The landlord can apply for this money as long as the tenant is still in possession of the unit on September 1, 2021, even if the money is owed for things that happened before that date.

In the past, these issues would have been resolved at Small Claim Court, where rules and processes exist to inform tenants about any legal proceedings against them and serve them with legal documents. For proceedings at the LTB, landlords are responsible to notify their former tenant of any applications or hearings where they are involved. If a landlord fails to notify a former tenant for instance because they do not have the new address of that tenant, the tenant may not know about the hearing and fail to attend their hearing, and a landlord may obtain an Order that they can enforce, without the tenant knowing anything about the issue.

Tenants who receive notice of any of these applications should get legal advice about their options. Reach out to a Legal Clinic (<https://www.legalaid.on.ca/legal-clinics/>) or contact CERA (<https://housingrightscanada.com/>).

5. Illegal rent increases become legal

There are very specific laws that regulate rent increases in Ontario. However, tenants sometimes unknowingly pay illegal rent increases when they are unaware of these regulations or have been pressured by their landlord.

Before Bill 184, tenants could

challenge an illegal rent increase at the LTB at any time, and an illegal increase could never become legal. Under Bill 184, if a tenant pays the illegal rent increases for 12 consecutive months, this becomes the new legal rent amount and the tenant is no longer able to challenge the illegal rent increase afterwards.

FREQUENTLY ASKED QUESTIONS ABOUT BILL 184

Now that Bill 184 is law, can I be evicted without any notice?

Tenants who are protected under the Residential Tenancies Act cannot be evicted without a formal process. This process involves the landlord making an application to the Landlord and Tenant Board (LTB) requesting an eviction. If the eviction is granted by an LTB member, only the Sheriff can enforce the eviction.

However, if a landlord and a tenant enter into a payment agreement and the tenant fails to stick to what was agreed upon, such as making a payment a day late or missing a payment altogether, the landlord no longer has to go through a formal LTB hearing. Instead, they can obtain an 'ex-parte' eviction order, which is an eviction order that can proceed without a hearing at the LTB.

A new standardized payment agreement form is now available, in which landlords and tenants can define the terms of an agreement. Question #4 on that form includes two options that will determine what will happen if a tenant fails to make any of the payments as defined in the agreement. If the first option is selected, a landlord may proceed with an eviction order – without seeking a

hearing at the Landlord and Tenant Board – if a tenant fails to make a payment. This is a new provision under Bill 184 which tenants must be especially aware of if they are signing a payment agreement with their landlord.

Now that Bill 184 is law, can my landlord force me to sign a payment agreement?

When a tenant has fallen behind on their rent, they can develop an agreement with their landlord to repay the amount they owe over a period of time. After the landlord has filed a notice of eviction and application for a hearing for unpaid rent, landlords and tenants can develop a payment agreement on their own without attending a hearing at the Landlord and Tenant Board (LTB). A landlord could potentially show up at a tenant's door, with no warning, and demand that the agreement be signed on the spot. If a tenant feels pressured or intimidated by their landlord, they may feel that they are obliged to sign the first agreement their landlord presents them with even if that agreement is unrealistic. It is important that tenants are not pressured and have the time to think of more realistic terms that they can meet and obtain legal advice.

Tenants are not required to sign any payment agreement. If they do not sign a payment agreement, the matter must go before a hearing at the LTB as it normally would.

If your landlord is pressuring you to sign a payment agreement that you do not understand or cannot afford, seek advice immediately from a Legal Clinic or Tenant Duty Counsel.

Now that Bill 184 is the law, can my landlord raise my rent without notice?

No. There are very specific laws that regulate rent increases in Ontario. Rent can only be raised once per year based on that year's rent increase guideline which is identified by the provincial government based on the Consumer Price Index (CPI). Landlords are still required to provide 90 days' notice in advance of increasing the rent. Bill 184 did not change these rules.

changes to the law: bill 204

In the fall of 2020, Ontario passed Bill 204 which froze rent increases for most renters at 2020 levels, even if the notice of a rent increase was given to the tenant in 2020. This means that if the rent increase was going to take effect in 2021, it is no longer valid. The rent freeze applies to all residential units, including those that are not regulated by Ontario's rent increase guideline (ie. units first occupied as residential units after November 15, 2018 which are exempt from Ontario's rent increase guideline) as well as rent-gear-to-income units.

Landlords are still able to raise the rent in some circumstances. For example, the landlord may increase the rent if the tenant agrees to receive additional services. Or, the landlord may apply to the Landlord and Tenant Board for an above-guideline rent increase to cover extraordinary expenses related to municipal taxes, major repairs, or additional security.

IMMIGRATION

This information was compiled by The Immigration Legal Committee (ILC) is a sub-committee of the Law Union of Ontario (lawunion.ca) and No One is Illegal-Toronto (toronto.nooneisillegal.org).

The following is not legal advice but information based on your rights under the law.

- Do not sign any papers without first speaking to a lawyer.
- If you're arrested in Toronto and you don't have a criminal record, then you will most likely be taken to the Immigration Holding Centre at 385 Rexdale Blvd.
- If you do have a criminal record, then you will most likely be taken to a provincial jail.
- If Immigration officers or Police show up at your home you can exercise your RIGHT TO PRIVACY in this way:
 - › Do NOT open the door.
 - › Ask (through the door) to see TWO warrants they must have with them to make an arrest inside a home: 1) the immigration arrest warrant and; 2) a special warrant that lets them enter a home to make an arrest (it's called a "special entry" warrant or "Feeney" warrant)
 - › Ask them to slip the warrants through the mailbox or under the door (If the warrants don't fit, open the door a little in order to take them and then close the door again)
 - › Make sure that there are TWO separate warrants, and that they are dated and signed.
 - › Ensure that the person named on the warrants is in the house.

If they only have one warrant, or there's a mistake on the warrants, you have the right to tell them they need a second warrant or that the information on one or both warrants is incorrect, then ask them to leave (without opening the door).

- If you're being held in Toronto at the Immigration Holding Centre (which is usually referred to as "Rexdale") you can request the assistance of Toronto Refugee Affairs Council (TRAC) for legal information. TRAC operates an office at the Immigration Holding Centre Mondays to Thursdays.

Their telephone number is 416-401-8537.

PATIENT RIGHTS

Obtained through settlement.org

settlement.org/ontario/health/patients-rights-and-responsibilities/rights-and-responsibilities-of-patients/what-are-my-rights-as-a-mental-health-patient/

Patient rights are a list of guarantees provided for those receiving any type of medical care. These rights are protected by the Health Care Consent Act, Long-Term Care Act and Mental Health Act

general rights

- Right to receive safe and proper care
- Right to give/refuse consent for any procedure and for any reason
- Medical professional MUST explain all problems and treatments
- Right to participate in healthcare decisions
- Right to ask questions and express any and all concerns

- Right to request a second opinion (within reason)
- Ensure confidentiality in regards to any and all personal information
- Right to access your own health records
- Request a transfer of your medical documents

mental health rights

- Right to accept or refuse treatment (if capable of doing so)
- Right to make informed decisions about your treatment
- Right to leave the hospital if you are a voluntary patient and capable of doing so
- Doctors can force you to stay and take medication/drugs if you are a danger to yourself or others
- Right to get any and all information on why you are being held if you are an involuntary patient
- Right to both privacy and confidentiality

complaints

Complaints can be made through complaining to the correct regulatory board

REGULATORY BOARDS:

Information & privacy Commissioner:

Officer of legislature who is appointed by and responds to the legislative assembly of Ontario.

They act independently of government to uphold and protect access to information and privacy rights in Ontario.

College of Physicians & Surgeons:

Deal with unprofessionalism in regards to your healthcare needs.

PROTESTING RIGHTS

Obtained through CCLA.org marchrights

ccla.org/cclanewsites/wp-content/uploads/2017/01/marchrights-1.pdf

May be a manifestation of the right to freedom of assembly, the right to freedom of association, and the right to freedom of speech. Protests and restrictions on protest have lasted as long as governments have.

YOU HAVE A CONSTITUTIONAL RIGHT TO PROTEST

- Police have a duty to facilitate peaceful protests
- No one should have to worry about the police interfering in a protest
- Rights are only limited if the demonstration is displaying acts of violence or hatred onto other groups

ENCOUNTERS WITH THE POLICE

- The police can approach you to ask questions, however you hold the right to not answer
- You do not need to identify yourself in a demonstration unless you are stopped in a car or detained for a bicycle offence
- Be aware that the police may often make false promises and mislead you
- ALWAYS ask if you are:
 1. Under arrest
 - › **NO:** Proceed to 2.

- › **YES:** They must inform you you can contact a lawyer and give you an opportunity to do so

2. Free to go

- › If they reply with no you may ask why and they have the legal obligation to explain why
- You do not have to answer any questions if detained
- Officers have a right to pat you down if they feel their safety is compromised
 - › You have the right to not consent to a search however officers can still maneuver around that. **Do not resist or struggle during a search**

IF YOU ARE ARRESTED

- Right to be informed of the reason for arrest
- **Do not resist arrest or provide explanations or excuses**
- Right to contact a lawyer as soon as you are arrested
 - › Police must stop questioning you once you ask for a lawyer
- Right to access a phone and make more than one call if necessary
- Right to speak to your lawyer in private
- You do not have to answer any questions asked by law enforcement after speaking to your lawyer

VIDEO/PHOTOGRAPHY

- There are no laws restricting you from taking pictures or videotaping you encounter with the police in all of Canada except for Quebec
- Risks: Police action is allowed if you obstruct or hinder officers from being able to perform their duties

VIOLATION OF THESE RIGHTS

- If you believe your rights are being violated you should record the interaction and specific information such as a badge number, which force they are from and patrol car number
- Try to get access to witnesses
- Take pictures/document any injuries. Keep all paperwork and receipts for medical treatment
- File a complaint. You do not need to be a victim or a Canadian citizen to do so. If you are only a witness you may still file a complaint
- Complaints against RCMP should be made to the commission for Public Complaints Against the RCMP. Other complaints against provincial or municipal police can be sent to your local complaints body
- Speak to a lawyer

RELIGIOUS FREEDOMS

Obtained through the Ontario Human Rights Commission

<http://www.ohrc.on.ca/en/religious-rights-fact-sheet>

general

- Religion includes the practices, beliefs and observances that are part of a faith or religion (not moral ethical or political views)
- Right to observe your religion
 - › Unless it interferes with others rights, or is a health & safety concern
- Discrimination based off of ones

religion is against the law

- You are entitled to the same opportunities and benefits as others
- You must be treated with equal dignity and respect as others, regardless of your faith
- Unlawful discrimination based off of religion includes:
 - › Refusing to make an exception to dress codes to recognize religious dress requirements;
 - › Refusing to allow individuals to observe periods of prayer at particular times during the day;
 - › Refusing to permit individuals to take time off to observe a religious holiday.

where are your rights protected?

- Employment, including job applications, interviews, employment benefits, working conditions, and promotions;
- Housing, including rental housing, hotels, commercial properties, and buying or selling a house;
- Services, goods and facilities, including education, hospitals and health services, stores and restaurants, government programs, and public places and facilities;
- Contracts, such as for buying or selling goods or services;
- Unions, professional associations, and other vocational associations

FREEDOM OF SPEECH/ LIMITATIONS OF HATE SPEECH

Obtained through the Canadian Library of congress

<https://www.loc.gov/law/help/freedom-expression/canada.php>

Freedom of speech falls under section 2 of the charter of rights and freedoms, stating everyone is entitled to certain fundamental freedoms such as the freedom of thought, belief, opinion and expression

scope of protection

Freedom of expression is very broad, leaving it open to as lot of interpretation, requiring scopes for protection against expression:

CONTENT NEUTRALITY

Content of expression, no matter how offensive, unpopular or disturbing, cannot deprive it of section 2(b) protection. Both sides must be given fair opportunities to express their views. Spreading false news is a criminal offence.

EXPRESSION IN THE FORM OF VIOLENCE

Physical violence will not be subject to protection under section 2(b) - this now includes threats of violence as well.

LOCATION

Location can play a part in whether or not expression is protected - for example, protection under section 2(b) can be removed on private property.

LIMITATIONS OF FREE SPEECH AND HATE SPEECH LAWS

The degree of constitutional protection may vary depending on the nature of the expression at issue - all subject to court.

Canada's criminal code outlines 3 distinct cases of hate speech:

- Advocating Genocide (Section 318)
- Publicly inciting hatred likely to lead to a breach of the peace (Section 319)
- Willfully promoting hatred (Section 319(2))
- provincial human rights laws "further keep a tight grip on hate speech activity through its broad targeting of fundamentally discriminatory behaviors in the following jurisdictions:
 - › Employment
 - › Housing
 - › Services, goods & facilities
 - › Contracts
 - › Unions & Professional associations

CANNABIS LEGISLATION

The cannabis industry is now legalized in Canada – but there are still plenty of **laws that can criminalize recreational cannabis users**. Here are ten new crimes that will come into effect after October 17. *Content is provided by the Canadian Civil Liberties Association.*

ccla.org/criminal-justice/10-things-that-will-still-be-a-crime-after-cannabis-is-legalized/

1 a person 18 or over distributing cannabis to a person under 18

Think twice before passing that joint. If an 18+ year old passes cannabis to their 17 year old friend, it's a criminal offence – punishable by up to 14 years in prison.

“Distributing” means a lot of things – whether you give, transport, deliver, or transfer cannabis, or even offer to give your underage friend some, you can be found guilty of a criminal offence.

2 possessing a budding or flowering plant in public

Moving and want to take your home-grown cannabis plants with you? Make sure they don't have any buds or flowers. You can move up to 4 plants in a public place – but if any of them are budding or flowering, it becomes a crime. Adults could face up to 5 years less a day in prison.

3 selling cannabis without a license

This may seem obvious, but you can't sell cannabis without specific legal authorization – and that is being tightly regulated by the provinces and territories. Licenses to sell cannabis aren't that easy to get; you would know if you have one.

So what can you do if you want to share a joint? Just give it away: distributing up to 30 grams of dried cannabis to another adult is ok. Growing some cannabis at home, legally, and want to share the harvest with your adult roommate? Again, make sure to give up to 30 grams away, without getting anything in return. There are still a few murky areas though. What about picking up some cannabis for a friend when you go to the official cannabis store? You can certainly give that cannabis to the friend for free (as long as the friend is an adult, it's less than 30 grams dried cannabis, etc. etc.). But can the friend pay you back? Maybe not.

The real question here is, when does ‘distributing’ stop being ‘distributing’, and start to become ‘selling’? Unfortunately, we couldn't find a clear answer to that – and you probably don't want to be the first person to test out those definitions before a court. So the safest course of action is to give it away, or make your friends buy their own cannabis directly from an authorized retailer.

4 possessing any “illicit” cannabis, or growing a plant from an “illicit” cannabis seed

Hey, I thought we were legalizing cannabis – so what’s all this about “illicit” cannabis? Illicit cannabis is cannabis that is still illegal because it “is or was sold, produced or distributed by a person prohibited from doing so under [the Cannabis Act] or any provincial Act or that was imported by a person prohibited from doing so under this Act.”

Still confused? You’re not alone. Here are a few examples:

- If you have a friend that grows more than 4 recreational plants at home – that’s illicit cannabis.
- If you live in Quebec or Manitoba and grow anything recreational at home – that’s illicit cannabis.
- If you buy cannabis from an unlicensed or unauthorized source, or get more than 30 grams dried recreational cannabis (or over 30 seeds or 2 pans of pot brownies – see point 6 below) free from a friend – that’s illicit cannabis.
- Were you passed a joint from an 18 year old in BC, Saskatchewan, Ontario, Nova Scotia, Newfoundland or Nunavut? Or – if Quebec’s newly elected government gets its way – an 18, 19 or 20 year old in Quebec? That’s now illicit cannabis.
- If you rent an apartment in PEI and your landlord has said no recreational cannabis growing but you do anyways – illicit cannabis.

You get the picture. Sort of.

Oh – and if you’re wondering why we keep talking about ‘recreational’ cannabis, it’s because medical marijuana users are subject to an

entirely different regulatory regime. Basically, it’s complex.

5 driving with a THC blood concentration of over 2 ng/ml

This one is a bit of a stretch for our ‘top ten’ list, but only because these laws actually came into force in June 2018. Impaired driving – whether by drugs or alcohol – is, and continues to be, illegal. But there are new Criminal Code provisions that make it a crime to have certain levels of THC in your blood within two hours of having operated a motor vehicle. The difficulty with this approach is, unlike alcohol, the science shows no consistent connection between THC levels in the blood and impairment. And everyone clears THC from their body at different rates, making it very hard for people to know how long they need to wait before getting behind the wheel after having consumed cannabis. Heavy cannabis users – including some people who use medical marijuana – may have THC blood concentrations above the per se limit, despite having had a period of cessation for hours or possibly days.

Bottom line is that besides abstaining for a decent amount of time, there is no good way to be sure you’re complying with the law – which is particularly concerning when that law is the Criminal Code, and punishments range from a fine to jail time. The higher the concentration of THC in your blood, the higher the potential penalty.

6 an adult possessing over 30 seeds – or more than two pans(ish) of pot brownies – in a public place

Most people reading government educational material will soon find out that adults can carry a maximum 30 grams of recreational dried cannabis in public. But did you know that a seed is deemed to be equivalent to a gram? If it's a cannabis concentrate, the maximum amount is 7.5 grams. Pot brownies? Make sure that tray doesn't weigh more than 450 grams. Don't know what 450 grams of brownies looks like? We didn't either. It's just less than a pound – so this might help. And as with much of this stuff, this is about recreational cannabis – medical marijuana is a whole different question.

7 importing or exporting cannabis without legal authorization

It's illegal to take recreational cannabis across the border – in either direction – without a specific license. And it's also a crime to possess recreational cannabis for the purpose of exporting it. So keep it out of your luggage.

8 cultivating, propagating or harvesting cannabis outside your own home without legal authorization

Live in an apartment and your landlord has prohibited you from growing cannabis? Don't bring your plants to the office instead. It's a crime to grow cannabis at a place that isn't your home– unless of course you're an authorized producer, with a legal license. Or a medical marijuana user, in which case different rules apply.

9 distributing cannabis to an organization

Want to send your friend some weed? While it would be legal to give it away for free (provided it's less than 30 grams dried and your friend is an adult), it would be illegal to give it to a mail courier to help with the delivery. And organizations, unless specifically authorized, can't possess, distribute, sell, cultivate, propagate, or harvest cannabis either. So much for your neighborhood cannabis/book club.

10 no more than four plants (depending on where you live)

Growing more than four recreational cannabis plants per household (except in Quebec and Manitoba, where you can't grow any) is illegal. If you live in a province or territory that permits home growing, make sure your house doesn't have more than four plants. That includes your yard, shed, garage, etc.. And if you have roommates – it's four recreational plants per house, not per person.



community resources

IN CASE OF CRISIS OR EMERGENCY:

Visit your local emergency department or call 911.

If you are on campus call York Security, 416-736-5333, or Ext 33333 from a York Campus Phone.

keele campus

Students on campus who do not require medical attention and are in crisis or in serious distress can also speak to a counselor on campus at Student Counseling Health and Well-being (SCHW on Keele Campus).

SCHW is located in Student Accessibility Services (SAS), N110 Bennett Centre for Student Services, and can also be reached by phone at 416-736-5297.

September to May:

Monday - Friday
9am to 4:00pm

June to August:

Monday - Thursday
9am to 12pm & 1pm to 4pm

Friday
9am to 12pm & 1pm to 3pm

glendon campus

The same supports are available to Glendon Campus Students at The Accessibility, Well-Being and Counseling (AWC) Centre. They offer accessibility support, short-term counseling and well-being services.

September to May:

Monday - Friday
9am - 12pm & 1pm - 4pm

June to August:

Monday - Thursday
9am - 12pm & 1pm - 3:30pm

MENTAL HEALTH RESOURCES

Need to talk to someone? The following services are open 24 hours a day, 7 days a week.

off-campus

ANISHNAWBE 24/7 MENTAL HEALTH CRISIS MANAGEMENT SERVICE

For indigenous clients that promotes Traditional indigenous practices.

Tel: 416-891-8606

Web: aht.ca

GERSTEIN CENTRE

Provides crisis intervention to adults, living in the City of Toronto, who experience mental health problems. The service has three aspects; telephone support, community visits and a ten-bed, short-stay residence.

Tel: 416-929-5200

Web: gersteincentre.org

newcomer mental health resources

If you are an international student or looking for a more direct.

ACROSS BOUNDARIES

Providing Equitable, holistic mental health and addiction services for racialized communities.*

Tel: 416-787-3007

Web: acrossboundaries.ca

HONG FOOK MENTAL HEALTH ASSOCIATION

Mental health promotion and community-based programs.

Tel: 416-493-4242

Web: hongfook.ca

GOOD 2 TALK

Post-Secondary Student Helpline.

Tel: 1-866-925-5454

Web: good2talk.ca

KEEP.MESAFE

Free service that offers online resources and phone lines to connect to mental health professionals, in any language.

Tel: 1-844-451-9700 (Canada & USA) or 1-416-380-6578 (international).

Web: <https://myssp.app/ca/home>

TORONTO DISTRESS CENTRES

24 hour telephone support line for emotional distress and/or crisis intervention.

Tel: 416-408-4357 or 408-HELP

(hold times may be greater than 15 minutes)

Web: torontodistresscentre.com

ONTARIO MENTAL HEALTH HELPLINE

Mental health services information and 24 hour telephone support line.

Tel: 1-866-531-2600

Web: mentalhealthhelpline.ca

multilingual distress lines

If you need to talk to someone in a language other than English.

Open Monday to Friday, 10am - 10pm.

SPECTRA COMMUNITY SUPPORT SERVICES

Mandarin & Cantonese: 416-920-0497

Hindi, Urdu & Punjabi: 905-459-7777 ext. 2

Spanish: 905-459-7777 ext. 3

Portuguese: 905-459-7777 ext. 4

Email: academiccentre@yfs.ca

wellness centre

Office: 341 Second Student Centre

Tel: 416-736-2100 ext. 44872

Email: wellness@yfs.ca

self-serve printing centre

Office: A1-103 Second Student Centre

Tel: 416-736-2100 ext. 44870

Email: services@yfs.ca

health & dental plan

Office: 336 First Student Centre

Email: healthplan@yfs.ca

YFS RESOURCES

yfs main office

Office: 336 First Student Centre

Tel: 416-736-5324

Email: internal@yfs.ca

Monday - Thursday

10am- 6:00pm

members' services office

Office: 06 First Student Centre

Tel: 416-736-2100 ext. 58066

Email: services@yfs.ca

food support centre

Office: 005 Second Student Centre

Tel: 416-736-2100 ext. 44861

Email: foodcentre@yfs.ca

academic support centre

Office: 339 Second Student Centre

Tel: 416-736-2100 ext. 44869

GENERAL ON-CAMPUS YORK RESOURCES

all campuses

YORK U SAFETY APP

Web: safety.yorku.ca/mobileapp

Includes goSAFE and campus security

keele campus

CENTRE FOR HUMAN RIGHTS, EQUITY, & INCLUSION

Office: 2070 Victor Phillip Dadeleh

Web: rights.info.yorku.ca

Email: rights@yorku.ca

OFFICE OF STUDENT COMMUNITY RELATIONS (OSCR)

Office: W128 Bennett Centre for Student Services

Tel: 416-736-5231

Web: oscr@yorku.ca

glendon campus

ACCESSIBILITY WELL-BEING AND COUNSELLING CENTRE

Office: 111A Glendon Hall, 2275 Bayview Ave

Tel: 416-487-6709

Email: counselling@glendon.yorku.ca

GLENDON COLLEGE STUDENT UNION

Office: York Hall B126

Tel: 416-736-2100 ext. 88230

Email: council.gscu.aegc@gmail.com

GLENDON WOMEN AND TRANS CENTRE

Email: glendonwtc@gmail.com

LEGAL AID RESOURCES

off-campus

LEGAL AID ONTARIO

Promote access to justice throughout Ontario especially for low-income individuals.

Tel: 1-800-668-8258

Web: legalaid.on.ca

CLEO (COMMUNITY LEGAL EDUCATION ONTARIO)

Tel: 416-408-4420

Web: <http://www.cleo.on.ca/en>

on-campus:

CLASP (COMMUNITY & LEGAL AID SERVICES PROGRAMME)

Tel: 416-736-5029

Web: osgoode.yorku.ca/community-clinics/welcome-community-legal-aid-services-programme-clasp/

OSGOODE MEDIATION CLINIC (OSMC)

Email: omc@osgoode.yorku.ca

Web: osgoode.yorku.ca/community-clinics/osgoode-mediation-clinic/

SEXUAL VIOLENCE RESOURCES

off-campus

TORONTO RAPE CRISIS CENTRE/ MULTICULTURAL WOMEN AGAINST RAPE

24 hour crisis line support and face-to-face counselling.

Tel: 905-695-1212

Web: trccmwar.ca

ASSAULTED WOMEN'S HELPLINE

24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse.

Tel: 416-364-4144

Web: awhl.org/

on campus

CENTRE FOR SEXUAL VIOLENCE RESPONSE, SUPPORT AND EDUCATION

24 hour support centre on disclosures and complaints; facilitate safety planning; and assist survivors through the complaint process.

Tel: 416-736-5211

Web: sexual-violence-response.info.yorku.ca/

COMMUNITY HEALTH RESOURCES

off-campus

BLACK CREEK COMMUNITY HEALTH CENTRE

Community based organization that provides health care services in a holistic manner.

Tel: 416-249-8000

Web: bcchc.com

COUNSELING AND INTEGRATION SUPPORT

off-campus

AFGHAN WOMEN'S COUNSELING AND INTEGRATION COMMUNITY SUPPORT ORGANIZATION

Provides settlement services to all newcomers, with a special focus on women, families, refugees and people who have experience war and persecution.

Tel: 416-588-3585

Web: afghanwomen.org

SAFE INJECTION RESOURCES

Several locations across the city including both locations of the Black Creek Community Health Centre.

Web: toronto.ca/community-people/health-wellness-care/health-programs-advice/harm-reduction-supplies-and-locations/

**A wallet card for quick access to important resources;
cut along the dashed line and fold on the dotted line.**

QUICK RIGHTS RESOURCES

GERSTEIN CENTRE

Provides crisis intervention to adults, living in the City of Toronto, who experience mental health problems. The service has three aspects; telephone support, community visits and a ten-bed, short-stay residence.

Tel: 416-929-5200 • Web: gersteincentre.org

BLACK CREEK COMMUNITY HEALTH CENTRE

Community based organization that provides health care services in a holistic manner, including safe injection resources.

Tel: 416-249-8000 • Web: bcchc.com

LEGAL AID ONTARIO

Promote access to justice throughout Ontario especially for low-income individuals.

Tel: 1-800-668-8258 • Web: legalaid.on.ca

**know
your
rights:**
resources



For more information contact:
vpcampaigns@yfs.ca