## HIGHLIGHTS EXAMPLES

### FUNDAMENTAL FREEDOMS
- You have the freedom to pray and worship in your own way, or not to pray or worship at all.
- You have the freedom to shape your own opinions.
- You have the freedom to express your opinions.
- The media is free to report on anything in Canada.
- You can hold rallies to express your disagreements.
- You can choose your own friends.

You cannot be punished for your religious beliefs.

### DEMOCRATIC RIGHTS
- If you are a citizen and 18 years old, you can vote in elections.
- If you are a citizen and 18 years old, you can compete for the job of a politician (run for office).
- The rule that governments must have elections every five years or less.
- The rule that elected governments must meet at least once every year.

You can run for political office and vote when you turn 18.

### MOBILITY RIGHTS
- You can live and work in any province or territory in Canada.
- You can leave and come back to Canada when you want.

You can visit another country and come back when you choose.

### LEGAL RIGHTS
- If you are arrested, you must be told of your option to see a lawyer.
- If needed, you must go to court in an amount of time that is considered fair.
- You must be considered innocent until proven guilty.

You will receive a fair trial if you are accused of a crime.

### EQUALITY RIGHTS
- You cannot be treated unfairly for many reasons. This includes your race, background, religion, gender, age, or mental or physical ability.

An employer cannot use your race or religion as a reason not to hire you.

### OFFICIAL LANGUAGES OF CANADA
- You can talk or write to the federal government in English or French.

You can send a letter to your Member of Parliament in English or French.

### MINORITY LANGUAGE EDUCATION RIGHTS
- You may be able to go to school in English or French if you meet certain criteria.

You can attend a French high school in some English regions of Canada, if you went to a French elementary school.