

Rights and Responsibilities

What are rights?

RIGHTS are the rules that help make everyone equal. You have some rights when you are born. These are called human rights because every person has them. You also have legal rights, which are backed by the law. It is important to know your rights so that if people try to take them away you can stop them.

What are responsibilities?

RESPONSIBILITIES are the things which others expect us to do. Responsible people know what their rights are and respect the rights of others. Being responsible means you care about other people's rights.

1. I have the **right** to be treated nicely at all times and as an individual.
1. I have the **responsibility** to treat others nicely at all times and as individuals.

Equality



Fellowship



US citizens



To be treated like everyone else

2. I have the **right** to a safe, clean home. I have the **right** to be alone with family and friends.
2. I have the **responsibility** to keep my home safe and clean. If I need help, I am responsible for letting others know. Other people in my home have the **right** to be alone with family and friends.

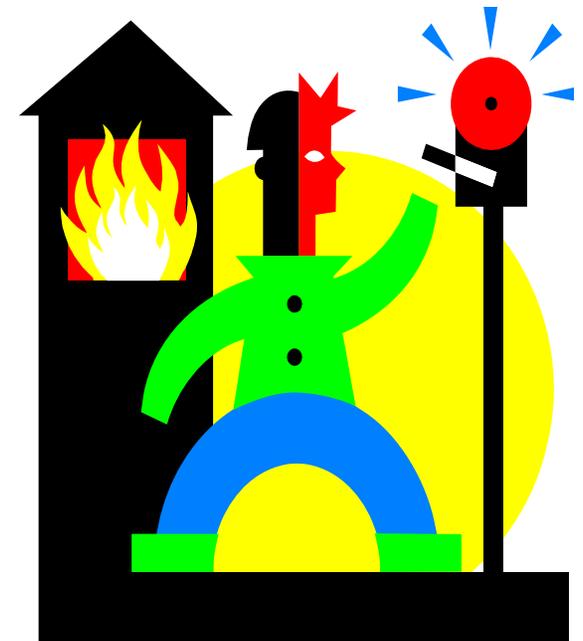
Home



clean



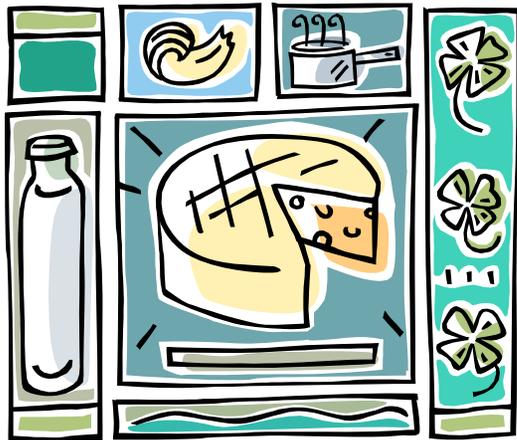
fire alarm



To live in a safe place

3. I have the **right** to get meals that are healthy and good for me.
3. I have the **responsibility** to help choose and make meals that are healthy and good for me. If I need help I am **responsible** for letting others know.

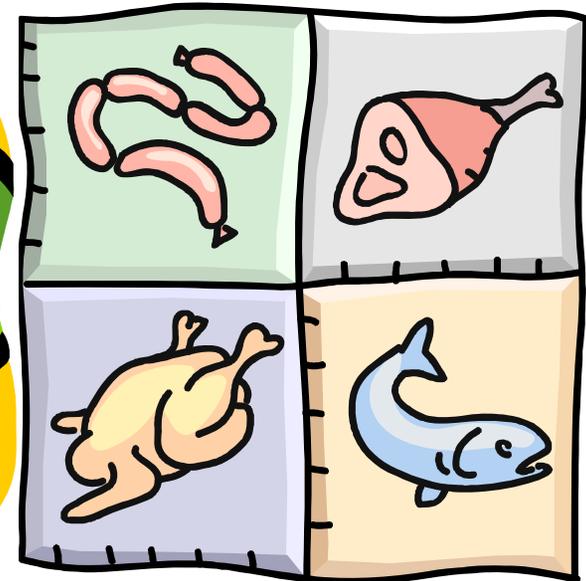
Dairy



vegetables



meat/fish



To have foods that are good for you

4. I have the **right** to go to the church/temple of my choice or not to go to church/temple at all.
4. I have the **responsibility** to be a good church/temple member. If I need help in choosing a church/temple or getting there I am **responsible** for letting others know.

Church



Pray



To go to the church of your choice.

5. I have the **right** to go to the doctor or dentist when I need to as soon as I need to.

5. I have the **responsibility** to let others know when I am sick or hurt. I am also **responsible** for doing what the doctor or dentist tells me to do. If I need help, I am **responsible** for letting others know.

Doctor



dentist



hospital

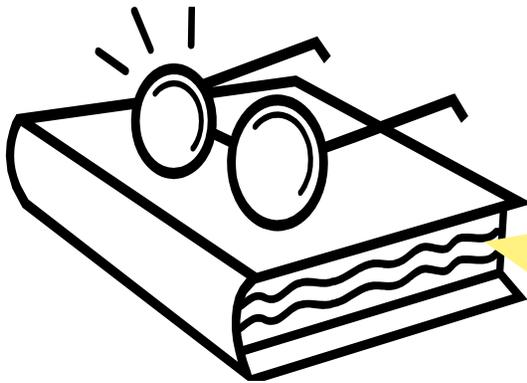


To get medical treatment

6. I have the **right** to get people to help me with the way I talk, walk or do things with my hands. I have the **right** to get people to help me with the way I act or feel.

6. I have the **responsibility** to accept the help that people give to me. If I do not understand or agree, I have the **responsibility** to ask questions so I understand.

Glasses



hearing aid



wheel chair



To get special help

7. I have the **right** to accept help and training without it being forced on me.
7. I have the **responsibility** to ask questions if I do not understand why I need help or feel I am being forced to do something.

School



work



leisure



Have people teach you

8. I have the **right** to some time to myself and a place to go be by myself.
8. I have the **responsibility** to let others know that I need to be by myself.

Leave me alone



relax



To be alone when you want

10. I have the **right** to keep things of my own that I choose to have.
10. I have the **responsibility** to take care of things I own.

Clothes



money



snack foods



To have your own things

11. I have the **right** to socialize and to be friends with both men and women.

11. I have the **responsibility** to act like an adult and treat others with respect.

Friends



men



women



To have friends

12. I have the **right** to join in activities or do things that will help me grow to be the best person I can be.

12. I have the **responsibility** to make choices about the activities I want to join and if I don't know, I have the **responsibility** to ask what my choices are. I also have the **responsibility** to ask for the help that I need to get to the activities.

Sports



movies



concerts



To do the things you want

13. I have the **right** to have a job and make money.

13. I have the **responsibility** to be a good worker; to get to work on time; be neat and clean, and follow the rules of my workplace.

14. I have the **right** to have a job and make money.

14. I have the **responsibility** to know my rights under the law and if I don't, then I am **responsible** for asking what they are. I am also **responsible** for respecting the **rights** of others under the law.

Workshop

fast food

money



To work and make money

15. I have the **right** not to be hit, hurt, yelled at or talked to in a mean way.

15.I have the **responsibility** to let others know if someone is hurting me. I also have the **responsibility** to not hurt other people.

Leave me alone



Not to be hit or called name.

16. I have the **right** to go to school or work and meet and work with other people.
I have the **right** to programs that help me and to go out on activities.

16. I have the **responsibility** to know what my choices are and to make choices
in where I go to school, work, or to learn new things.

I also have the **responsibility** to work together with others so I can be the best I can be.

School



leisure



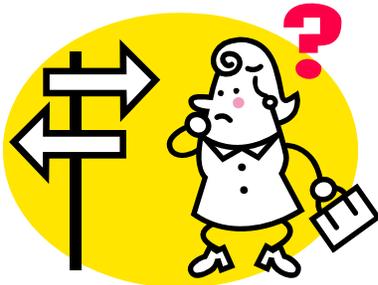
To learn, make friends,
and do things in my community

17. I have the **right** to help decide the things that will affect me.
17.I have the **responsibility** to speak out for myself and ask for help
if I need it.

I want

choose

I have something to say



To make choices about your life

18. I have the **right** to ask someone like my parents or an advocate or a friend to speak with me and/or for me and help me do things.
18. I have the **responsibility** to ask my parents or advocate or friend to speak with me and/or for me and help me do things.

Problem

help

family



To ask someone to help you, advocate

19. I have the **right** to manage and spend my money based on my ability to do so.
19. I have the **responsibility** to pay my bills and ask for and accept help in spending my money.

Money



new clothes



leisure



To buy the things you want or need
with your own money

20. I have the **right** to have information in my file kept private.
20.I have the **responsibility** to not tell other people private things in my file.



File



To say yes or no to people who want to look
At or talk about your personal files

21.I have the **right** to complain if I don't agree with something. I also have the right to talk about my complaints without being threatened by others to change my mind or get me in trouble.

21.I have the **responsibility** to talk to people assertively and not talk in an angry way.

I don't like that



let's talk



mad

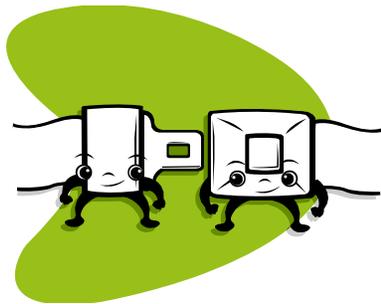


To tell people if you do not like something

22.I **cannot** be given medications to control my behavior, be tied up, held down, or locked up unless it is needed to keep me from hurting myself or others, or unless I have agreed and there is a written plan in place.

22.I have the **responsibility** to try to control my behaviors and get help if I need it. I am also **responsible** to know what is in my plan and ask questions if I don't understand.

Fasten



tie



medicine



To not be restrained (tied down)
or given medicine if you don't need it

23.I have the **right** to learn about how laws are made, join in community decisions, vote for people who make laws, and be able to tell them how I feel about the laws.

23.I have the **responsibility** to vote, learn what people who make laws stand for, and let them know what I need.

Vote



president



To have the right to vote

24.I have the **right** to say “no” to being part of any study or experiment.

24.I have the **responsibility** to ask questions if I don’t understand what is being asked of me.

No

YES

NO

doctor



video recorded



To say no if you do not want to be part of a
Study or experiment