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.
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.

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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.

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.

To get special help

- Glasses
- Hearing aid
- Wheel chair
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
9. I have the **right** to use the telephone, write letters or talk to anyone I want about anything I want to discuss in a responsible way.

9. I have the **responsibility** to be considerate of other people's use of the telephone and treat others nicely when I talk to them.

**I want to talk to you**

**telephone**

To talk to anyone you need to
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.
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.
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 to 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.

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.

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.

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.

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