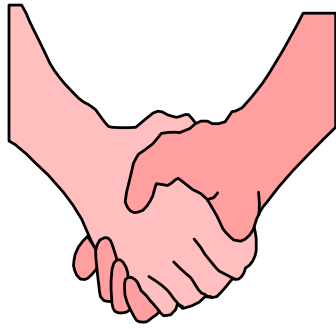




Rights

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.

The Right to Be Treated Like Everyone Else



Equity



Fellowship



US Citizens

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

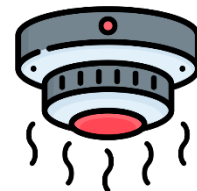
The Right to Live in a Safe Place



Home



Clean



Safe

2. I have the **right** to a safe, clean home and the **right** to be alone with family and friends.

The Right to have Foods That Are Good for Me



Milk/Dairy



Vegetables



Meat/Fish

3. I have the right to get meals that are healthy and good for me.

The Right to Go to Church Where I Choose



Church



Pray



Not Attend

4. I have the **right** to go to the church/temple of my choice or not to go to church/temple at all.

The Right to Get Medical Treatment



Doctor



Dentist



Hospital

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

The Right to Get Special Help



Glasses



Hearing Aid



Wheelchair

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.

The Right to Have People Teach Me



School



Work



Leisure

7. I have the **right** to accept help and training without it being forced on me.

The Right to Be Alone When I Want



Leave Me Alone



Relax



“Me” Time

8. I have the **right** to some time to myself and a place to go be by myself.

The Right to Talk to Anyone I Need to



“I want to talk to you”



Telephone



Text/Email

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.

The Right to Have My Own Things



Clothes



Money



Snack Foods

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

The Right to Have Friends



Friends



Men



Women

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

The Right to Do the Things I Want



Sports



Movies



Concerts

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.

The Right to Work and Make Money



Workshop



Fast Food



Money

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

The Right to Fair Treatment



Dignity



Fairness



Respect

14. I have the **right** to be treated fairly.

The Right to Not Be Hit or Called Names



Not Hit



Not Teased



Not Yelled At

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

The Right to Make Friends, and do Things in My Community



School



Community



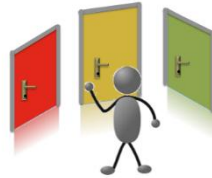
Leisure

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.

The Right to Make Choices About Your Life



I Want



I Coose



I Want to Say Something

17. I have the **right** to help decide the things that will affect me.

The Right to Ask Someone to Help Me Advocate



Problem



Help



Family

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.

The Right to Buy the Things I Want or Need With My Own Money



Money



New Clothes



Leisure

19. I have the **right** to manage and spend my money based on my ability to do so.

The Right to Say “Yes” or “No” to People Who Want to Look at or Talk About my Personal Files



“Yes”/“No”



File



Who Can Look at My File

20. I have the **right** to have information in my file kept private.

The Right to Tell People if I Do Not Like Something



I Don’t Like That



Mad



“Let’s Talk”

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.

The Right to Not Be Restrained (Tied Down) or Given Medicine if I Don't Need It



Held



Tied



Medicine

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.

The Right to Vote



Vote



Issues/Levies



President

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.

The Right to Say “No” if You Do Not Want to be Part of a Study or Experiment



“Yes”/“No”



Doctor



Video Recorded

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