

I Have Rights



If I want to be left alone, that is my right. Others should ask me before they go into my bedroom.



PRIVACY

It is my right to make phone calls, mail, email and send texts without others listening to me or reading what I write.

It is my right to be alone when I use the bathroom.



It is my right to lock my things in a safe place and carry the keys.

CONFIDENTIALITY

The law says my records must be kept private. I decide who gets to see them.



It is my right to be part of my community. I have the right to make friends, go to my place of worship, learn and have fun.



It is also my right to live in my home in the community.

WORK

It is my right to work in the community for competitive wages in a job I choose based on my interests and skills.



COMMUNITY

It is my right to go to the doctor and the dentist when I need to.





CHOICE

It is my right to choose which services I use.

It is my right to choose the companies and the people who provide my services.



It is my right to have someone help me tell others what I need and want.

ACCESS



It is my right to vote.

It is my right to access my money and the things that belong to me.



It is my right to get the information I need to make choices. I will ask people to explain it if I do not understand something.



It is my right to see my records.



DIGNITY & RESPECT

It is my right to be treated like a person and to feel safe. I deserve respect like everyone else. It is my right to tell others when I am not happy. They should listen to me and make changes to fix the problem.

INDIVIDUALITY

It is my right to have my own dreams and goals. I do not have to have the same dreams as everyone else.

FREEDOM FROM ABUSE, NEGLECT & EXPLOITATION

It is my right not to be hurt. If someone hurts me, I will tell a person I trust.

