I Have Rights

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

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

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.

DIGNITY
It is my right to be treated like a person and to feel safe. I deserve respect just like everyone else.

COMMUNITY
It is my right to be part of my community, 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.

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.

ACCESS

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

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

When I have a choice to make, it is my right to get the information I need to make that choice.

It is my right to see my records.

TO BE HEARD

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.