



We Have Human Rights!

Understanding Your Rights



ADVOCATE



★ Speak up for Yourself – You are a Self Advocate!



★ Work together with others – You can make change Happen!



★ Human Rights = Power!



Your Rights

- ★ Respect for the Individual
- ★ Inclusion in the Community
- ★ Change in the Society





Respect for the Individual



★ Equality

- We have the right to be treated as equal citizens.



★ Safety

- We have the right to be safe from violence and abuse.



★ Home and family

- We have the right to be part of a family – and to start one.

★ Privacy

- We have the right to privacy, no matter where we live.



Equality



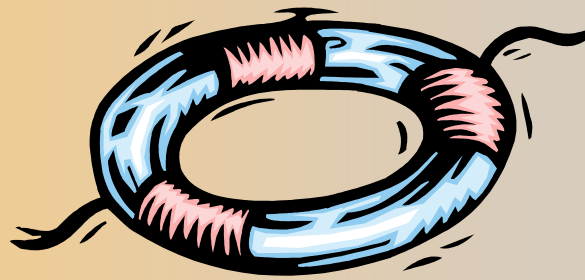
We have the right to be treated as equal citizens.

- ★ Society must break down the walls that keep us from having the same rights as everyone else
- ★ Stop Discrimination
- ★ We have the legal right to make decisions about our lives.





Safety



**We have
the
right to
be safe
from
violence
and
abuse.**

- ★ We have a right to be safe – at home, at school, at work, at the doctors.
- ★ It is not our disability that puts us at risk: rather it is the attitude of the abusers.
- ★ Police should be trained about disability.
- ★ We have the right to decide what happens to our bodies.





Home and Family



**We have
the
right to
be a
part of
a
family
– and
to start
one.**

- ★ Everyone deserves to be part of a family.
- ★ Growing up in a safe home, with a family, is the right place for all kids to be.
- ★ We have the right to form loving relationships.
- ★ We can love whoever we want.





Family and Home



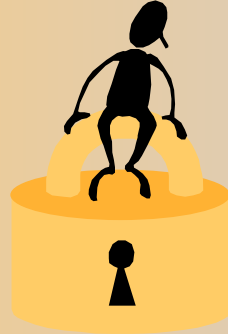
**We have
the
right to
be a
part of
a family
– and to
start
one**

- ★ We have the right to get married if we choose.
- ★ Our bodies and our sexuality are good things.
- ★ We should not be stopped from having kids just because of our disability





Privacy



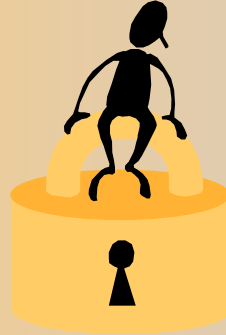
**We have
the
right to
privacy,
no
matter
where
we live.**

- ★ What we do in our room is our business.
- ★ We decide what others can know about our lives.
- ★ No one can read our letters unless we say it's OK





Privacy



**We have
the right
to
privacy,
no
matter
where
we live.**

- ★ No one can listen to our phone calls unless we say it's OK.
- ★ We have the right to private space to be with our sweetheart.
- ★ Support staff have no right to tell others what they know about us.





Inclusion In The Community



★ Independent Living

- We have an equal right to live on our own in the community



★ Work

- We have an equal right to work, in a job we choose, and to earn a decent living.



★ Education

- We have the right to an equal education, side by side with everyone else.

★ Health

- We have the right to the best possible health care.



Independent Living



We have an equal right to live on our own in the community (with support if we need it)

- ★ We decide where we live.
- ★ We decide who we live with.
- ★ We decide how we live.
- ★ We need key information so we can decide what is best for us.
- ★ Independence does NOT mean that no one helps us.





Independent Living



We have an equal right to live on our own in the community (with support if we need it)

- ★ We have the right to be as independent as we can.
- ★ Our choices should be respected, not ignored.
- ★ We have the right to a decent life. Enough food. Enough clothing. A place to live. Clean water.





Work



We have the equal right to work, in a job we choose, and to earn a decent living.

- ★ Our work is more than something to keep us busy.
- ★ We are a labor force waiting to be tapped.
- ★ We should get equal pay for equal work.
- ★ Wages help us enjoy our other rights.





Work



We have the equal right to work, in a job we choose, and to earn a decent living.

- ★ We have an equal right to get a job.
- ★ We need to be able to ride the bus to hold a job.
- ★ We need good health care to be able to keep a job.
- ★ We need laws to protect our right to work.
- ★ We have a lot to give!





Education



We have the right to an equal education, side by side with everyone else.

- ★ Just because we have a disability doesn't mean we can't learn.
- ★ Our education should be just as good as any other person without a disability.
- ★ We should be taught in a way we can understand.
- ★ If we need support to take part in an equal way, we should get it.





Health



**We have
the right
to the
best
possible
health
care.**



- ★ We should have the same health care as others.
- ★ We should not have to travel farther than others to get care.
- ★ Insurance companies must treat us equally.
- ★ Medical workers must treat us equally.
- ★ Society must reach for the top – the best well-being for each person.



Change In The Society

★ Access

- We have an equal right to be able to get to and use public spaces and public services.

★ Political Life

- We have an equal right to vote and have a say in laws and policies that affect us.

★ New Attitudes

- We are regular people and have the right to be treated as any other person

★ Culture and Sports

- We have the right to take equal part in arts, sports, and leisure.



Access



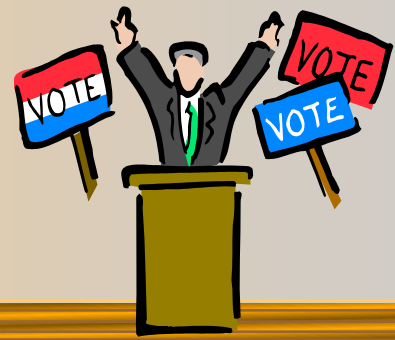
**We have
an equal
right to
be able
to use
public
spaces
and
public
services.**

- ★ Buildings must have a way for us to get in.
- ★ Sign language. Simple language. Someone explaining it to us.
- ★ If we need rides to be included, we have the right to get them.
- ★ If we need an assistant to be included, we have the right to get the help we need.
- ★ When there is a vote, someone must tell us.





Political Life



We have an equal right to vote and have a say in laws and policies that affect us.

- ★ We have an equal right to vote.
- ★ We have a right to have someone help us vote.
- ★ We have a right to a secret vote.
- ★ We must have access to the polling place.
- ★ We should be included.
- ★ We should have a say in policies and laws that affect our lives.





New Attitudes



**We are
regular
people
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- ★ We are regular people.
- ★ We are not a problem. Society has a problem.
- ★ The problem is we are treated badly and denied rights.
- ★ We don't need to be fixed. Society needs to be fixed.
- ★ We are not broken. Society is broken.
- ★ We must be included in decisions about our lives.
- ★ We are in charge of our lives. NOT some experts.



Culture and Sports



We have the right to take equal part in arts, sports, and leisure.

- ★ We are artists, musicians, actors, poets, and athletes, just like everyone else.
- ★ We have talents to give to the world.
- ★ Arts give meaning to life.
- ★ In many cases, we are blocked from being a part of cultural events.
- ★ We have the right to play sports that are open to everyone.



SPEAK UP!
SPEAK OUT!
Self Advocacy





Self Advocates Believe



People with disabilities should be treated as equals.

People should be given the same decisions, choices, rights, responsibilities, and chances to speak up and empower themselves.





Self Advocates Believe



People should be able to make new friendships and renew old friendships just like everyone else.

People should be able to learn from their mistakes like everyone else.





SPEAKING UP!

10 Steps of Being a

GOOD SELF ADVOCATE





1. Believe in YOURSELF



2. Realize *YOU* have *RIGHTS*



3. Discuss YOUR concerns





4. *Get the FACTS In Writing!*



5. Use the Chain of Command





6. *Know YOUR appeal rights*



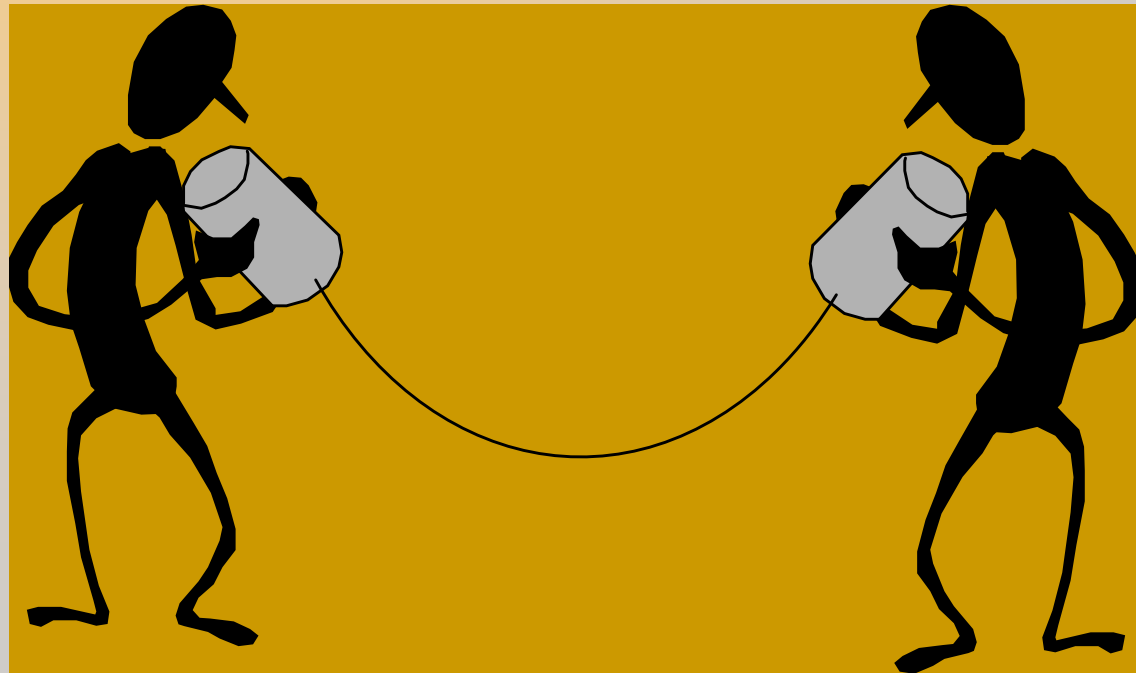
7. *Be ASSERTIVE and PERSISTENT*





8. Use

COMMUNICATION Skills



9. Ask for Help





10. FOLLOW-UP





Questions

