

## Rights

Rights are rules that help make life fair. People need to know they have rights. Rights help people respect each other. We want everyone we meet to know we respect him or her. In turn they would show us the same. We all have something that makes us important to our community. We can speak up for ourselves when we know our rights.

Here are some rights adults with developmental disabilities have.

1. I have the right to be treated the same as other people.
2. I have the right to be seen as an OK person, just as I am
3. I have the right to make up my mind about where I live, what I do and what I wear.
4. I have the right to talk to a lawyer if I need one.
5. I have the right to spend time alone when I want it, without someone to watch over me.
6. I have the right to vote for someone in an election (when people are picked to makes the rules for the country, the province, the city or town).
7. I have the right to run in an election for a public office and others have the right to vote for me.
8. I have the right to run for election as a board member.
9. I have the right to say yes or no about the service help I want.
10. I have the right to think, as I want. No one should treat me badly if they do not agree with me
11. I have the right to use public services (such as the library or city buses).
12. I have the right to do the things that fit with my skills, my interests and with what I enjoy.
13. I have the right to do things that make me feel I have done something useful.
14. I have the right to learn about sex and to say yes or no.
15. I have the right to marry or live together with someone.
16. I have the right to have children and to look after them as they grow up, even if I need help.
17. I have the right to speak up for myself or get support to do this.
18. I have the right to see information that is kept about me.
19. I have the right to have trained staff that will give me good services.
20. I have the right to have support that is fair and can be counted on. Fair means that each person gets what they need, even if some will need more than others.

21. I have the right to be heard and listened to. I should be heard even if I cannot speak or use other ways to tell you what I want.
22. I have the right to take part in my religion and to get help to do so.
23. I have the right to set my own goals and make up my mind about what I want to do with my life.
24. I have the right to own things and I can do what I want with them.
25. I have the right to be kept safe from harm.

I understand that others have the same rights as I do.