



# YOUR RIGHTS

## SOCIALIZATION

*"I'd like to have a friend visit."*

*"Can you help me mail a gift?"*



*Others should respect your relationships*

- You are allowed to have visitors
- You are allowed to meet with and talk with others privately with no one else listening
- You are allowed to communicate with others through phone calls, texts, emails, and mail

- You are allowed to know your rights
- You are allowed to communicate
- You are allowed to tell someone if you don't feel comfortable or safe
- You are allowed to tell someone how you feel

## COMMUNICATION

*"I am scared."*

*"I don't feel comfortable with this."*

*"Thank you for your help!"*



*Others should listen to what you have to say*

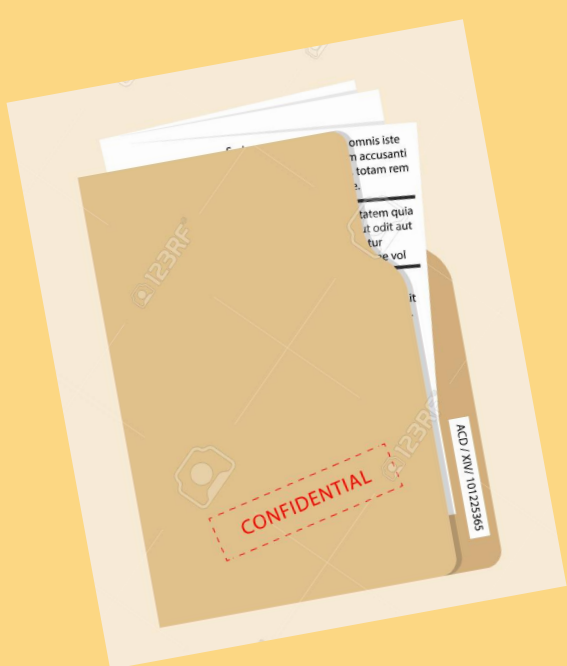
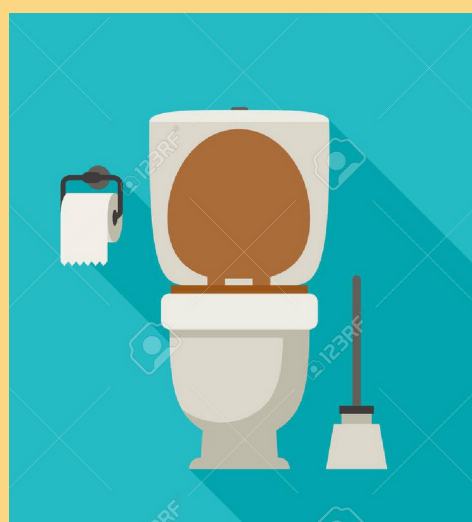
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## PRIVACY

*"Can I please have some privacy?"*

*"May I please be alone?"*

*"I'd like some time to myself."*



*Others should respect your privacy*

- It is the law that your records are kept private
- You are allowed to see your records
- You are allowed to share your records with people you choose and trust
- You are allowed to have your own things and keep them safe and private
- You are allowed to be alone when you use the bathroom

- You are allowed to wear your own clothes
- You are allowed to keep and use your own things
- You are allowed to have and spend reasonable amounts of your own money

## POSSESSIONS

*"I'd like to buy a new book."*

*"Please don't touch my things."*

*If someone asks to use something of yours, you can say: "Yes, but please be careful with it." You can also choose to say: "No, I would rather not share that."*



*Others should leave your things alone unless you tell them it is okay*





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## SERVICES

"I don't understand."

"I need help."

"What does that mean?"



Others should listen to you and let you be a part of decisions

- You are allowed to have the services that you want
- You are allowed to ask for help
- You are allowed to be a part of your services and setting your goals
- You are allowed to receive services that are meaningful and appropriate to your needs
- You are allowed to choose someone you trust to help you make decisions
- You are allowed to participate in an attend religious services that you choose
- You are allowed to say "no" to services that you do not want (if you are an emancipated adult)

- You are allowed to tell someone if you do not feel safe or if someone is treating you badly
- You should be treated nicely and with respect
- You should not be hurt by others (touching, yelling, being left alone when you shouldn't be)
- You have the right to feel safe when you are at home or in the community

## SAFETY

"Someone is hurting me."

"I don't feel safe."

"Please don't do that."



Others should be nice to you and not hurt you

**YOU are allowed to be YOU.**