



Rights Cards



We all have human rights.

Human rights mean that all people should be treated fairly.

You have the **right to make decisions** and the **right to get support to make decisions**.

You can use these cards to

- ➔ Know your rights
- ➔ Tell others about your rights
- ➔ Help you take action



I have the right to make my own decisions.

Every person with a disability has the right to make decisions for their life.

- I am the Decision Maker.
- It is my life, I live with the decisions I make.
- Decisions mean more independence for me.
- You are the Decision Supporter.
- Give me good support.
- Believe that I can make decisions for myself.



I have the right to information I can understand.

Information helps me to think about and understand what the decision means.

- I deserve to have enough information.
- I have the right to get information in a way that I understand.
- I need pictures and words.
- When I understand, I can make a better decision.



I have the right to make decisions in private.

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- My decisions are my own.
- I decide who knows about my decisions.
- I choose who I do and do not trust.
- I can make decisions about my life without going to others.
- I can keep things to myself if I choose.



I have the right to learn how to make decisions.

Decisions can be big or small, hard or easy.

- I can learn to make decisions.
- I can learn to make big decisions over time.
- I can learn to change my mind.
- I can learn to take risks.
- I can make mistakes and grow as a person.



I have the right to get support for decisions.

Support for decisions can be:

- Close people like family, friends and peers
- Paid supporters
- Tools to help me say what I want
- Information that helps me understand risks when I make decisions
- Other supports that give me what I need



I have the right to choose my Decision Supporters.

My Decision Supporters should:

- Be people I trust
- Listen to me
- Get along well with me
- Help me work out what I want for my life
- Help me tell others what I want
- Give me information in a way I can understand
- Help me to make my decisions happen



I have the right to respect for who I am and what I want.

- It should always be the last choice to have someone make decisions for me.
- Any decisions must respect my everyday choices and what I want for my life.
- I am equal with you, I am not less than you. I reach my goals just like everyone else.
- I feel important when I get respect, everything feels right.



I have the right to feel safe in all parts of my life.

I have the right to be safe from:

- People who try to change my decisions
- People who do not respect my rights
- People who only think about what they want
- People who harm me or bully me



I have the right to be treated fairly.

Fairly means I feel part of my community, part of life.

- If I have a disability I should have the right support to feel equal.
- I am a human and I have the same rights as you.
- It is my right to make decisions for my life.
- You are not the boss of me. I am the boss of me.