



Know Your Rights

We all have rights.

Knowing your rights can help you, your family and people working with you to ensure that your rights are upheld and that you and others can speak up when your rights are not respected.

I have the right to:

- Be myself
- Be treated fairly and not be discriminated against because of who I am.
- Be treated with dignity and respect
 - Have privacy
- Be involved in decisions that affect me
 - To have a voice
 - Be able to speak up when I am unhappy about decisions
 - To receive information to enable me to make an informed decision
- Have a say about where and how I live
 - My relationships
 - My routine, clothes, food choices, personal care
- Health and access to healthcare
- Be safe and protected
- Learn (access education)
- Work