



Self-Advocates – Bill of Rights

RESPECT

I have the right to be treated respectfully in regard to age and ability

I have the right to be respected for who I am and what I want

I have the right to complain, be heard, and responded to

CULTURE

I have a right to my family tree/history

I have the right to find out about and participate in all areas of my own culture

I have the right not to be judged based on the differences of my culture

CHOOSING SUPPORTS

I have a right to be educated as to what supports are available within Empower Simcoe and the greater community

My choices based on this education will be respected

I can voice my desire for supports and my desire to change them

SELF ADVOCACY (SPEAKING UP)

I have the right to information about rights and explained to in a way I understand

I have the right to say what rights are important to me

I have the right to have Rights explained to me in a way I understand

I have the right to speak my mind even if people do not agree

I have the right to protest and be heard

I have the right to ask for and get help when I want or need help

I have the right to help others speak up

MY HOME

I have the right to know what choices are available to me (where and with whom I live)

I have the right to choose from the options available to me

If I am living in an environment not of my choice I have a right to be supported to find a more suitable choice

I have the right to participate in the decorating of my home

I have the right to live in a clean and safe home

I have the right to being respected by others in my home

MY CHOICE MY VOICE MY CONSENT

This is my life. My consent is always needed.

I have the right to privacy as it means to me

I have the right to see, have and share MY personal information in the way I want

I have the right to be asked for my permission if others request to see or hear my
information

I have the right to refuse to share my information

HEALTH

I have the right to be educated in regards to my health.

I have the right to be informed about any medication I need to take.

I have the right to be informed about the side effects of my medication.

I have the right to information about how to be healthy and the food and nutrition I
need to maintain a healthy lifestyle.

I have the right to learn about different treatment options and determine what options
I want to take.

I have the right to refuse treatment

MY FRIENDSHIPS/RELATIONSHIPS/INTIMACY

I have the right to spend time with the people I want to see

I have the right to choose my friends

I have the right as an adult to have an intimate relationship and decide who to share
this with

I have a right to information about safe sex

MY FREEDOM OF SPIRITUAL EXPRESSION & CHOICE

I have the right to go to the religious organization_of my choice

I have the right to choose my religious beliefs

I have the right not to participate in any religious activities

I have the right not to go to a religious organization

WHAT I DO WITH MY DAYS

I have the right to work for a fair wage or not to work

I have the right to work and get paid fairly for work done

I have the right to have meaningful days whether it is work, volunteer or play

I have the right to information about what there is to do

BEING SAFE FROM BEING HURT

I have the right to know what abuse is and what to do if it happens to me or others

I have the right to be free from harm to my body & feelings

I have the right to be safe where I live, work and play

I have the right to get help if I am still worried about being abused (again)

MY MONEY

I have a right to know where my money comes from

I have a right to know what bills I pay

I have the right to keep and spend my own money

I have the right to have support with my money in the way that I want

I have the right to keep my money safe from others

TAKING RISK

I have the right to have all the information about risk, good and bad

I have the right to be supported or to be left alone

I have the right to change my mind about decisions

I have the right to be supported when taking a risk

DREAMING

I have the right to dream without limits

I have a right to share my dreams with whoever I want

I have the right not to be judged based on my dreams