

Simcoe Community Services  
**Self Advocates - Bill of Rights**

**RESPECT**

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

**CHOOSING SUPPORTS**

I can choose what supports I get, when I get them, and who supports me  
I can change my services if I want to  
I have the right to know about other places where I can get the supports I want

**SELF ADVOCACY (SPEAKING UP)**

I have the right to information about rights  
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 choose where I live and who I live with  
I have the right to information about what places there are to live  
I have the right to participate in the decorating of my home  
I have the right to live in a clean and safe home

**MY PRIVACY**

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 my information  
I have the right to refuse to share my information

**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 a sexual relationship with out telling my parents  
I have a right to information about safe sex

## **MY FREEDOM OF SPIRITUAL EXPRESSION & CHOICE**

I have the right to go to the church 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 church

## **WHAT I DO WITH MY DAYS**

I have the right to work 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  
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  
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 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 with out limits  
I have a right to share my dreams with who ever I want  
I have the right not to be judged based on my dreams