



## **SIMCOE COMMUNITY SERVICES**

### **Self-Advocates – Bill of Rights**

#### **RESPECT**

I have the right to be treated respectfully  
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 have a right to be educated as to what supports are available within SCS 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  
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

### **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 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 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