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COMMUNITY LIVING
BRITISH COLUMBIA

Rights & Safeguards

A Guide for
Self-Advocates



COMMUNITY LIVING
BRITISH COLUMBIA



This booklet is
a guide to:

- help you understand
some of your **Rights**
- give you important
tips to keep you **Safe**
from harm

If there is something
you don't understand,
ask someone you trust
to help you.

Knowing your Rights
helps you make sure
you are treated with
dignity and respect.

Rights

You have the Right to:
understand important information

I don't
understand
what this
means?



thank you for
your help!



Communication

You have the Right to:
be heard



I want
to go

okay
let's go



Communication

You have the Right to:
speak up for yourself

Here's what
I think about
that...

wow oh really



You have the Right to:
say no

No.



Communication

You have the Right to:
be married



You have the Right to:
be a mom or dad



Relationships

You have the Right to:
choose your own friends



You have the Right to:
love



Relationships

You have the Right to:
have private space



You have the Right to:
have a say in where you live
and who you live with



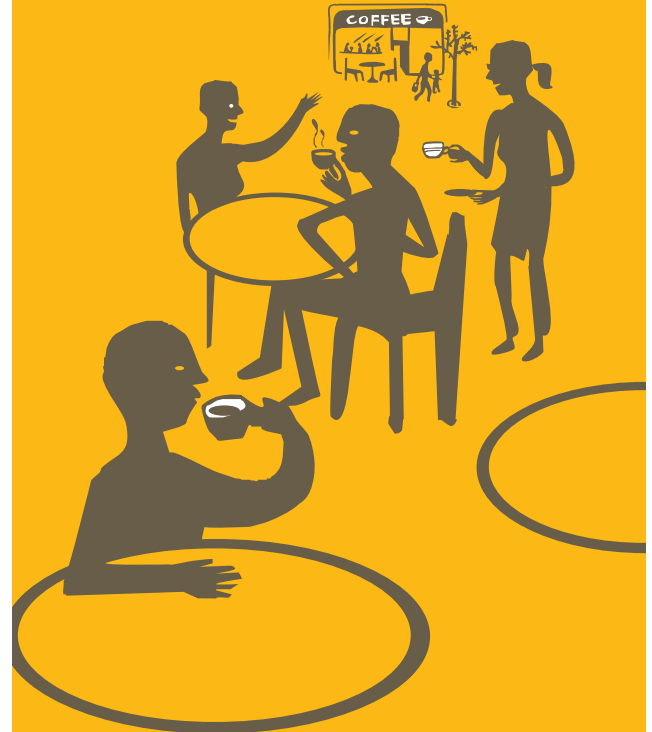
Homelife

You have the Right to:
have a say in what you eat
and when you eat



Homelife

You have the Right to:
be welcome in the community



You have the Right to:
full citizenship



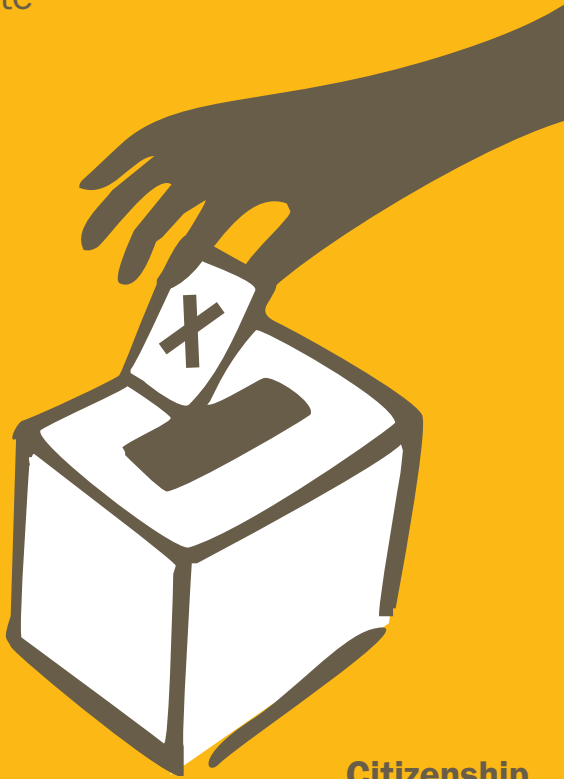
Citizenship

You have the Right to:
have access to community



- Community Centre • City Hall
- Library • Church • Parks

You have the Right to:
vote



Citizenship

You have the Right to:
volunteer and contribute
your skills



You have the Right to:
have your own beliefs

GOD SHIVA
Sorrow right
happiness sexual preference
wrong
JESUS ALLAH
Compassion hope
BUDDHA

good
love
bad



Citizenship

You have the Right to:
have a job



Citizenship

Safeguards

The best way to keep
Safe is to have family,
friends or people in
your life who know you.

Things you can do
to protect yourself:

Physical Safety

protecting your body

Emotional Safety

protecting your feelings

Financial Safety

protecting your money
and personal belongings

To keep yourself Safe:
wear safety equipment



Physical Safety

To keep yourself Safe:
lock doors



click

To keep yourself Safe:
carry contact and
emergency information



Physical Safety

To keep yourself Safe:
have an escape plan



Physical Safety

To keep yourself Safe:
don't touch or eat
dangerous things



To keep yourself Safe:
yell for HELP



To keep yourself Safe:
take your medicine

my medication



Physical Safety

To keep yourself Safe:
walk safely in public



Physical Safety

To keep yourself Safe:
know when something is wrong



Emotional Safety

that person
hurt my
feelings



To keep yourself Safe:

know who to tell when
something is wrong

I need to tell you
that something
is wrong!!



To keep yourself Safe:

take part in decisions
made about you



Emotional Safety

To keep yourself Safe:

when you are told NO,
ask why

Why did
you say no?



Emotional Safety

To keep yourself Safe:

have control over how
you spend your money



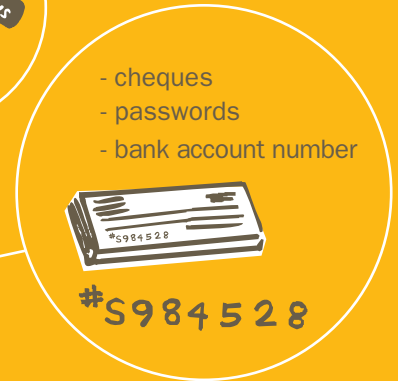
Financial Safety

To keep yourself Safe: don't give people your:

- bank account number
or passwords
- house keys
- cheques
- purse
- wallet



Financial Safety



think safe
be safe

