

1. You have the right to be treated with respect.



2. You have the right to a clean, safe place to live.

And you have the right to a place to be alone.



3. You have the right to have food that is good for you.



4. You have the right to go to a church, synagogue, or mosque if you want to.

And you have the right not to go to one if you don't want to.



You have the right to go to a doctor or dentist when you need to.



6. You have the right to get other health care services, like speech therapy or physical therapy if you want to.

And you have the right to get mental health services if you want to talk about your feelings.



7. You have the right to get these services in a way that makes you feel comfortable.



8. You have the right to be alone sometimes.

And you have the right to keep some things private if you want to.



9. You have the right to talk to other people.



10. You have the right to have your own things.

And you have the right to use your things.



11. You have the right to have men and women as friends.



12. You have the right to do things that help you reach your goals.



13. You have the right to work and make money.



14. You have the right to be treated fairly.



15. You have the right to live without bullying or abuse.



16. You have the right to do things you enjoy.



17. You have the right to help make decisions that affect your life.



18. You have the right to choose someone to help you make decisions.



19. You have the right to earn money and pay your bills.

You have the right to save your money and to spend your money.

And you have the right to choose someone to help you with your money.



20. You have the right to say who can see information about you and your disability.



21. You have the right to ask for changes when you don't like something.

And you have the right to ask for changes without being afraid of getting into trouble.



22. You have the right to refuse to take medicine you don't think you need.

You have the right to be in control of your own body.

You have the right to not be held down if you are not hurting yourself or someone else.



23. You have the right to vote and to learn about laws.



24. You have the right to decide if you want to take part in a study or an experiment if someone asks you to.

You have the right to say no to taking part in a study or experiment.

