



IT'S IMPORTANT TO KNOW THE WE ALL HAVE RIGHTS



THESE RIGHTS PROTECT ALL OF US AND
PROVIDE A CLEAR EXPECTATION OF
HOW WE SHOULD EXPECT TO BE
TREATED IN OUR COMMUNITIES.

Rights = Power

With Power Comes
Responsibility!

THERE ARE SEVERAL LAWS THAT SUPPORT YOUR RIGHTS.

Some examples are **The Canadian Human Rights Act** <https://www.canada.ca/en/canadian-heritage/services/how-rights-protected/guide-canadian-charter-rights-freedoms.html#a2f> and the **Accessibility Act** <https://www.ontario.ca/page/about-accessibility-laws> both of which help guide the services and supports in your community. You can learn more about these with your support staff.



TREAT PEOPLE WITH RESPECT



LISTEN TO THEM



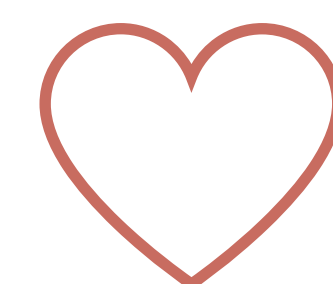
STAY CALM

It is important that you realize that with Rights come Responsibilities. If you expect to be treated well, you should also respect other people in their rights. This means you are also responsible to **treat people with respect, listen to them and stay calm**. This can be hard sometimes, and it takes a lot of practice.

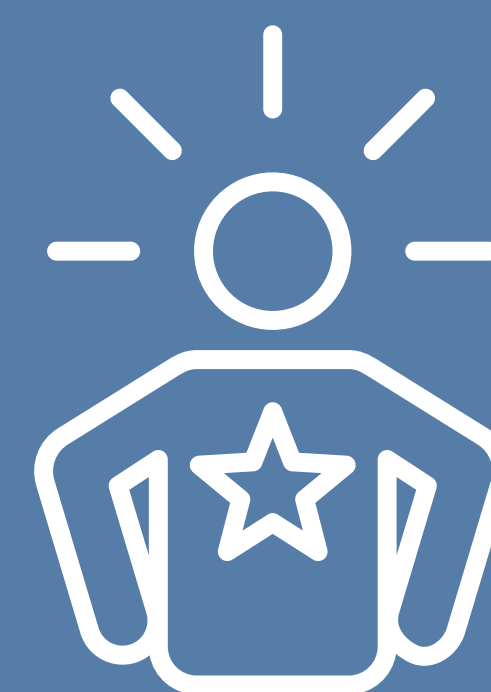
It also means that **you must respect the rules of each place in our community**. For example, you have the right to go to the movies. It is your responsibility to be quiet in the movie theatre so that everyone can enjoy the movie.



**YOU MUST RESPECT THE RULES OF
EACH PLACE IN OUR COMMUNITY**



EVERYONE IS BORN FREE, EQUAL AND WITH RIGHTS



You should never be discriminated against for any reason. Rights belong to all people, whatever our differences. Everyone has the rights to life, liberty and safety.

HERE ARE SOME TIPS TO HELP YOU GET READY TO SPEAK UP!

Introduction To Self-Advocacy

https://advocacyfocus.org.uk/wp-content/uploads/2022/04/Introduction_to_Self_Advocacy_Booklet_compressed.pdf



HERE ARE SOME TOOLS TO HELP YOU PREPARE FOR THESE SITUATIONS

Self-Advocacy Tools

https://advocacyfocus.org.uk/wp-content/uploads/2022/04/Self_Advocacy_Tools_Booklet_compressed.pdf

