

DDWA Self Advocacy Program WORKBOOK



Session 2. Knowing Your Rights



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*

This book belongs to:

What will we learn in this session?

- **Human Rights** – What are my RIGHTS?
- **Responsibilities** – to respect the rights of others – it's a two-way thing
- **Feelings** and how they link into your rights
- **What to do** if your rights are breached



Let's talk about Human Rights



Every person has RIGHTS



All people have equal rights,
no matter who you are,
or what you do.

Rights



Rights are things you can:

Be- like you want to be a
hairdresser

Do- like you want to go on a
holiday

Have- like you want to have
your own place to live in



Rights

Knowing your Rights can help you Self-Advocate



No one can take away
your rights!

A cartoon illustration of a hand holding a yellow pencil, writing on a small notepad. The notepad has some faint, illegible text on it. The hand is wearing a light blue sleeve. The background is white with horizontal lines.

Basic Rights - You have the right to basic things in your life like;



Food and Water



A safe place to live



The right to communicate your needs and choices



What are Your Rights?



You have the right to;

Individual Freedom



To be treated as a person who is able to make choices and decisions and be in control of your own life.



You have the right to;

Respect for difference

To be accepted and valued for your uniqueness and difference.



This means no matter your gender identity, sexuality, background, religion, beliefs, language or culture.

What are Your Rights?



You have the right to;
Respect and Dignity



To be valued for who you are.

To be shown by others that your ideas, wants and needs are important.



You have the right to;
Independence

To do things for yourself and be able to choose the things you do .

(You have the right to ask for help too!)

What are Your Rights?



You have the right to;
Be Included



To be included in your
community and participate in
activities with others.

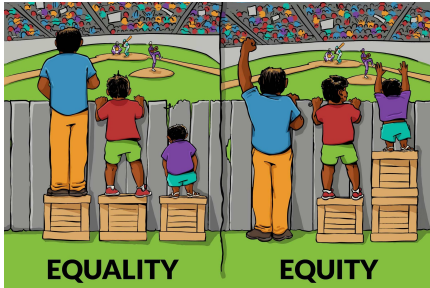


You have the right to;
Live free from
Discrimination



No one should be treated
differently because of their
beliefs, abilities, race,
gender, sexuality,
background, religion, or
language.

What are Your Rights?



You have the right to;
Equal Opportunity



To have the chance to do the same things as anyone else.



You have the right to;
Accessibility

To have access to buildings, parks, pathways, information, transport, entertainment, forms, education, work, health care, like everyone else.



This may mean having ramps, lifts, signs, text to audio, sign language, easy read, or extra help.



Communicate in a way that suits you.

People should communicate with you in ways you understand and can reply.

An illustration in the top-left corner shows a brown clipboard with a white sheet of paper. A hand with a light skin tone and a teal sleeve is holding a yellow pencil with a pink eraser, positioned as if about to write on the paper. The paper has some faint, illegible handwriting. The rest of the page is filled with horizontal grey lines for writing.

Video



Speaking about Our Feelings



Speaking about how we are feeling can help us to self advocate.



It's not good to bottle our feelings.



Speaking up about how we are feeling can be part of self advocacy.

Let's have a look at some feelings now.....

What makes you feel HAPPY?



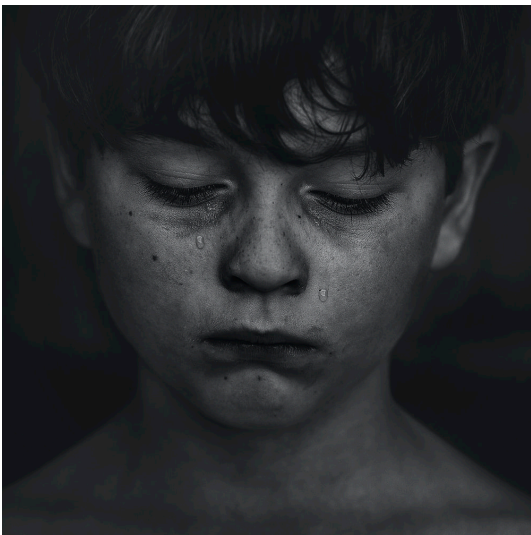
What makes you feel CONFIDENT?



What makes you feel ANGRY?



What makes you feel SAD?



What makes you feel FRUSTRATED?



What makes you feel CALM?



Knowing Your Feelings

Can help you know if your rights have been breached.

Which of these feelings might tell you your rights have not been respected?



Happy



Confident



Calm



Angry



Sad



Frustrated

Who do you Trust ?



You can talk about your feelings with someone you trust.

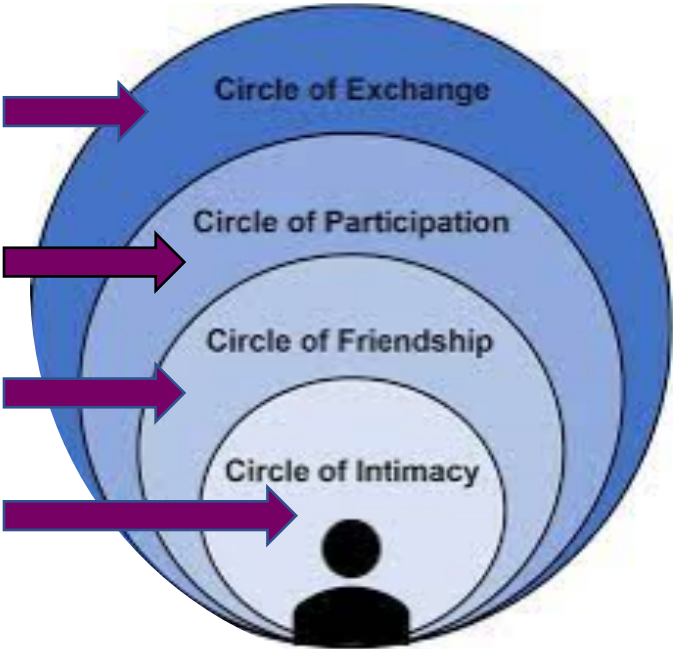
A person you can trust is a person;

- You feel safe with
- You know will tell you the truth
- You know will support you



Circles of Support- the closer in, the more they are someone you trust, who could support you.

- Social Media Friends
- Community members
- Support workers
- Your friends
- Your family
- Carers



A series of horizontal lines for writing, intended for the user to list support contacts within the appropriate circle of support.

When telling your feelings, you need to say them assertively



It means not being PASSIVE

Passive is

- Not speaking up for yourself
- Things happen to you that you have no control over



And not being aggressive

Aggressive is

- Pushing your views too hard
- Shouting at people
- Bullying people

Responsibilities



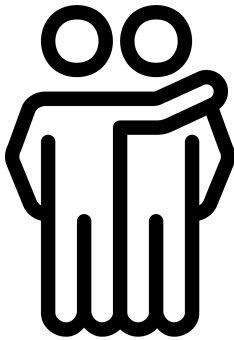
You need to be RESPONSIBLE by allowing others THEIR RIGHTS too.

- Help yourself and others to be safe
- Don't hurt others
- Treat others with respect
- Obey the law

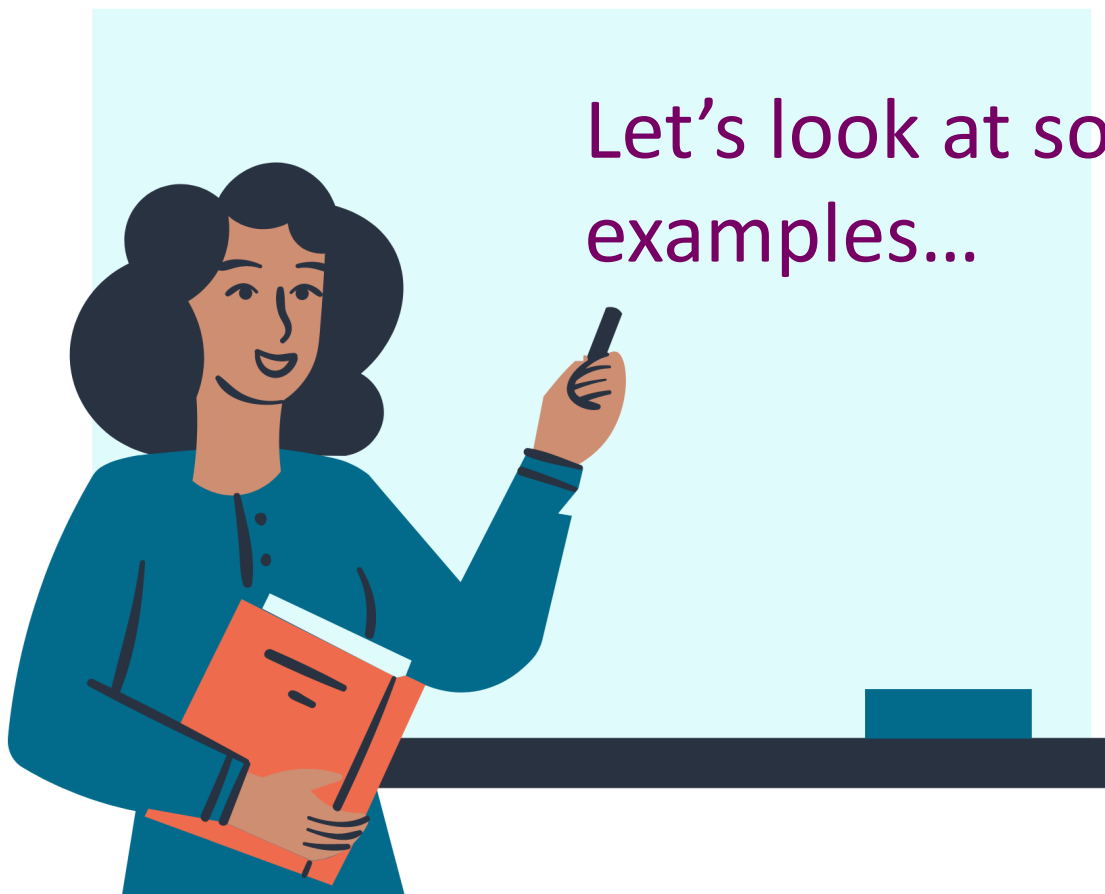
What to do if your rights are breached?



- Say your rights
- Speak up about what you need



- Say your choices
- Ask someone to support you (to advocate for you)



Your Mum / Dad choose some clothes for you that you don't like?



- How do you feel?
- Which of your rights was breached?
- What can you do ?



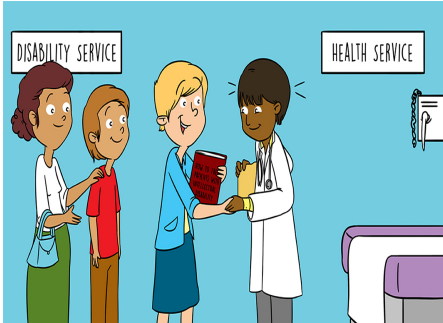
A teacher allows everyone to play a game except you



- How would you feel?
- Which of your rights was breached?
- What could you do?



A doctor wouldn't let you use your communication aid, and only spoke to your carer



- How would you feel?
- Which of your rights was breached?
- What could you do?



A classmate called you names and puts you down because of how you look



- How would you feel?
- Which of your rights was breached?
- What could you do?



Someone locked you in a cupboard



- How would you feel?
- Which of your rights was breached?
- What could you do?



A support person put your shoes on for you when you can do it yourself



- How would you feel?
- Which of your rights was breached?
- What could you do?



Video

