

# Your Life, Your Rights

## Handbook

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(EDS)



# **Your Life, Your Rights**

## **Handbook**

**Teaching and Learning Human Rights is a Lifelong journey!**

This Handbook is intended to help you teach people their **Human Rights**. We have tried to give you a sampling of how you can approach each **Right**.

The first step is to read through "**Your Life, Your Rights**" book first, so you know the order of the book and understand that each of the **Rights** are connected. In this Handbook, each teaching/learning page will relate to the '**Pictured Right**' in "**Your Life, Your Rights**" book.

**Before you begin:**

- It is very important for you to **know your Learner** - likes, dislikes, interests and most important their **learning style!**
- Make sure the person learning is comfortable and relaxed - make this an enjoyable time; use humour when needed.
- Remember to use the **person's life experiences** for examples as you discuss each **Right**.
- When needed, speak of their **Person-Centred Plan (PCP)** and talk about **Supported Decision-Making**.
- As an Advocate, you have the Responsibility to make sure **all** Learners know they have **Human Rights**, no matter what learning level the person is at. You, as an Advocate, need to support their **Human Rights** always!
- As an Advocate, you might be the only voice the person has!

People with Intellectual Disabilities have a **Right** to be part of the Community, and have the same **Rights** as everyone - to socialize, to learn skills and to work.

Remember to Support and Respect the person's Choices.

**It's their Life!**

## **Getting Started:**

- Have a mirror close by, along with a couple of pens/pencils and other items - magazines, newspaper articles, you tube videos, etc.
- Sit beside each other and hand the Learner the **"Your Life, Your Rights"** book and you (the Advocate) then can read from the Learners' Handbook.
- Words inside of this Handbook in (parentheses) are intended for the Advocate as examples to help the Learner.

## **Begin:**

- Ask the person - Do you understand the title **"Your Life, Your Rights"**? Read and/or discuss the meaning of **Life, Rights** and **Human** found on the first page of **'What the Words mean'**.

## **Teaching each Right:**

- Have the person (or you) read the **Human Right** on the Picture then ask do you understand the words?
  - 'NO' read and discuss **'What the Words mean'**
  - 'Yes' then start **'Things to talk about'**
- You or the Learner can write **'Notes'** - thoughts or experiences the Learner wants written down for later use.
- Let the Learner decide their own **'Goal(s)'** to write down.

**These are the best practices gathered from our Learners**

**Go ahead and start the conversation on Human Rights**

**and let the discussion**

**Never End!**

## You have the **Right to be Yourself**

- Right**
- the way you should be treated in your life
  - the way you should be treated in your town, city, province or country

- Yourself**
- you
  - who you are

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### Things to talk about

- Look at the picture for the **Right**. What do you see? People are not the same and it's okay - look for the differences (encourage a positive attitude).
- Let's use a mirror to look at yourself and tell me what other people see when they look at you. (Help the person talk about their face, hair, body, clothes, etc. in a positive way.)
- Tell me about you as a person and your personality. (Are you shy, talkative, kind, sharing, friendly?)
- Everybody is different and that is a good thing!

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### Notes:

**Goals** for you -

## You have the **Right to be Respected**

**Respected**        - people should be kind to you  
                         - you should be kind to others

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### **Things to talk about**

- Let's look at the picture for respect and talk about the different acts of respect. (Use the person's life experiences from work, home, and outings.)
  - Have you ever had your feelings hurt? How did it make you feel?
  - Have you ever hurt someone's feelings? How do you think they felt after? Remember to treat others how you would like to be treated.
  - Are you an adult? (if yes) - then you should be treated as one and you should act like one.
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**Notes:**

**Goals for you -**

## You have the **Right to feel Safe**

### **Safe**

- not in danger
  - when you feel good about where you are and who you are with
- 

### **Things to talk about**

- Look at the picture of the **Right** - He and his friends look relaxed and safe. When do you feel safe? (Do you feel safe at home, with family, friends, alone, walking, on a bus, in a vehicle?)
  - When haven't you felt safe? Why?
  - Did you know that no one should pinch, push, hit or kick you? Also, no one can tie you up or lock you in a room.
  - Did you know no one can scream or swear at you?
  - Did you know that no one can touch your private parts without your permission? If you feel **Unsafe**, say '**NO**' and Remember you can tell someone you trust about it.
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### **Notes:**

**Goals** for you -

## You have the **Right to Say Yes and Say No**

### **Say**

- use your voice
  - use pictures or written words
  - use your hands or sign language
- 

### **Things to talk about**

- Look at the picture; the person is thinking about their choice.
  - Every day you make a choice on the things you need and the things you want. You get the **Right** to choose what is right for you, and it is okay if others do not agree with you.
  - Picking out the clothes you wear, or the food you will eat, what you will drink, your hair style and how you will spend your spare time are all examples of daily choices.
  - Remember if it is a life changing decision, then you should use a Supported Decision-Making Plan. It is also important to remember that everybody will use supports when it comes to big changes in their lives. (The 'Process' of deciding is as important as the 'Decision' itself.)
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### **Notes:**

**Goals** for you -

## You have the **Right to a Home and to Live where you want**

**Home**                    - a place where a person lives  
                                 - you do not have to own the home

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### **Things to talk about**

- Look at the picture of the **Right**. Do you see different types of homes? It could be your bedroom is your home - no one's home is the same; tell me about your home? (describe it).
  - You have a choice of where you live depending on your ability and the care that you need. Supported Decision-Making should be used with this decision.
  - Did you know and do you understand that **your money** is paying for **your place** to sleep and to keep your things safe? You can ask someone to show or tell you about how much you are paying, it's your **Right** to know. It's your home **not** your staff's.
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**Notes:**

**Goals for you -**



## You have the **Right to Food**

- Food**
- things that people eat
  - people have the right to eat healthy
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### Things to talk about

- Look at the picture of the **Right** and tell me about the food you like to eat. Do you pick healthy eating, instead of eating junk food? Do you understand that healthy eating - like vegetables, fruits, whole grains, milk, and lean meats are better for your Brain and Body?
  - If a Doctor or health care person has told you to follow a food plan, it's for the good of your **Health** and **Life!**
  - Have you seen or talked about Canada's Food Guide? Did you know you can go on the Internet and create your very own food guide? (Address is on '**Places to go for Help**' page in the back of the **Rights** book.)
  - Do you know and understand that **your money** is paying for the food you eat in your home?
  - Do you know that no one can take away your food as a punishment?
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### Notes:

**Goals** for you -

## You have the **Right to have Friends**

- Friends**
- a person you like and they like you
  - a person you like to be with and they like to be with you
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### **Things to talk about**

- Look at the pictures of the **Right** and tell me what you see. What are your interests?
  - Friends are people you know, like and trust. Friends call or ask you to visit with them. Friends sometimes share the same interests - like sports, gardening, reading, and/or music.
  - Staff are being paid and **you do not pay a friend to be your friend.**
  - Do you have friends? Who are they? (If none - then help support them.) Do you go for outings with friends?
  - People that you only see at the store; mall; or church, and you talk with for a bit, are Acquaintances. (Make sure the Learner understands Acquaintances are different than friends - refer to Circles program.)
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### **Notes:**

**Goals for you -**

## You have the **Right to Love and Be Loved**

- Love**
- a feeling of strong like and caring for someone or something
  - a feeling that makes you want to learn more about the other person
- 

### Things to talk about

- Look at the picture of the **Right**. Do you see different kinds of Love?
  - Do you have someone you Love? Do you have people in your life that Love you?
  - You have the **Right** to date and to have a relationship of Love with someone that wants this too.
  - Love can mean just spending time with that someone and nothing more. Love can mean just wanting to hold hands, hug and kiss and that is a relationship, too. Love can mean you want more than what has been mentioned above and you may want a sexual, intimate connection with the other person you Love, but only if they agree.
  - You always have the **Right** to say '**NO!**'
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### Notes:

**Goals** for you -

## You have the **Right to be Alone**

**Alone** - to be by yourself

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### **Things to talk about**

- Look at the **Rights** picture. Let's talk about the people in the park. Do you see someone sitting alone, is that okay? If you want or need to be alone, you can be.
  - Where could you go if you want to be alone at home or at work?
  - Why would you want to be alone? (You may want to be alone for quiet, to relax, when you are sad or angry - wanting to play a video game or watch a movie.)
  - Every person has the **Right** to private personal time (self-pleasuring).
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**Notes:**

**Goals** for you -

## You have the **Right to Learn, Share Ideas, and Understand**

<b>Learn</b>	- to find out something - to get to know something so well that you can remember it
<b>Ideas</b>	- thoughts - something that you think about - something that you picture in your mind
<b>Understand</b>	- to get the meaning of something - to learn how it works

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### Things to talk about

- Look at the pictures for the **Right**. What do you see? What are the people learning? (The bottom right corner picture is the word 'idea' in sign language.)
  - You know that some skills are easy to learn and other skills take months or years to learn and understand like: reading and writing, money, changing or managing your behavior (anger, etc.).
  - Do you understand that every day we share our opinions and ideas?
  - Every day we learn something without knowing it. Living is learning and we are never too old to learn. You have the **Right** to keep learning and developing your Essential skills.
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### Notes:

Goals for you -

## You have the **Right to have your Information Private**

### You have the **Right to Look at your Information**

**Private** - things to keep to yourself

**Information** - for use by people that work for you

- things you only tell people you know and trust

**Look** - using your eyes to read your information

- asking someone who works for you to read your information to you

- asking a person you trust to read your information to you

**Information** - what someone says or writes about you

- when you hear or read something about yourself

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### Things to talk about

- Look at the pictures of the **two Rights**; let's talk about what should be kept private. (Use the persons' life experiences - information could be home address, bank account, medical files, or journal notes.)
- You have the **Right** to ask, know and understand the papers you are signing your name to.

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### Notes:

**Goals for you -**

## You have the **Right to Belong and Join**

**Belong**            - to be part of something  
                         - to be in a group or a club

**Join**                - to be a part of something  
                         - to do something with a person, group or club

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### Things to talk about

- Look at the pictures of the **Right**. What different groups and clubs could they be? (Use local names of the clubs in the person's area.)
- You can join any organization if you are interested in it. You must follow the rules of the club and sometimes pay member fees; Supportive Decision-Making process might be used in this decision because of money (fees) or travel expenses.
- You do not have to join any groups or clubs if you do not want to. You could even start your own club or group.

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### Notes:

**Goals** for you -

## You have the **Right to Work**

- Work**
- to do something
  - to have a job
  - to do something for pay
- 

### **Things to talk about**

- Look at the pictures of the **Right**. Do you see that there are different jobs? (restaurant/kitchen, Sarcas, construction, retail sales, and knitting/sewing.)
  - To get a job you want, you might have to learn the Essential skills for the work you are interested in.
  - You can work part-time, full-time or at a seasonal job.
  - Did you know to have a job doesn't mean you must be paid; volunteering is a job!
  - Have you ever thought of working or volunteering?
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### **Notes:**

**Goals** for you -



## You have the **Right to ask for Help**

**Help** can be in many ways - by assisting or caring for you emotionally (how you feel), physically (your body) or mentally (your thoughts).

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### **Things to talk about**

- Look at the different pictures of the **Right**. Do you see some examples of help? Do you want or need help with everyday things? (Do you need help phoning, learning to cook, just wanting to talk about a problem, etc.)
  - Everybody needs help with something in their lives and that is why we all have people to support us.
  - Who can you go to for help? (emotionally/physically/mental health)
  - You will want to use Supportive Decision-Making if you are looking at needing help with some big change in your life.
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### **Notes:**

**Goals for you -**

## You have the **Right to Medical Care**

- Medical Care** - to have a Doctor or Nurse help you to **not** get sick  
- to have a Doctor or Nurse help you if you are sick
- 

### Things to talk about

- Look at the different pictures of this **Right**; Can you tell me what kind of Doctor the person is seeing? How many kinds of Doctors can you name?
  - You, your staff or a family member can make an appointment for you to talk with a Health professional if you are not feeling like yourself in any way.
  - Taking care of your health is very important - eat healthy, exercise and take time to enjoy life.
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### Notes:

**Goals** for you -

## You have the **Right to Ask for Help in an Emergency**

**Emergency** - a need for someone to help you right now

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### **Things to talk about**

- Do you see in the pictures of the **Right** the many different emergencies? Do you know where your health clinic or hospital is in your area? What is the telephone number you call in an emergency?
  - When you call 911 - Do you know what to say? Did you know it's for Fire, Police and Ambulance?
  - Tell me some examples of emergencies, when you would call 911 for help?
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**Notes:**

**Goals for you -**

## You have the **Right to Religion**

**Religion** - to believe in a being that you know is there but you cannot see  
- to believe in a *God* or group of *Gods*

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### **Things to talk about**

- Look at the picture for the **Right**; do you believe in something?
  - It is **your choice** to believe in a *God* or not to believe; did you know this?
  - Do you want to be part of a Religion?
  - In *Canada*, our spiritual beliefs are protected by law - no one can hurt you in any way, for who or what you believe in.
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**Notes:**

**Goals** for you -

## You have the **Right to Know** about your **Government** and **Vote**

**Government** - a group of people who decide what is best for our town, city, province or country

**Vote** - you help pick who will run your town, city, province or country

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### Things to talk about

- Let's talk about what you see in the picture of the **Right**. Do you see the people voting and the man that is thinking about a speech he heard from a person running for election?
  - Have you ever voted? Did you know that you can vote in the Municipal, Provincial or the Federal elections? (If you are a Canadian citizen, over 18 years of age - plus length of time living in your municipality \*3 months - provincially \*6 months.)
  - You are a person and your opinion matters; not one person knows everything about the person they vote for - so don't worry - just Vote! (Always remember, as an Advocate, you do not bring up your own opinion.)
  - Voting is a **Right** and a Responsibility that should not be ignored. People have fought in wars and have died for us to have this **Right**. We live in freedom and have a Democratic country because of people who believed it was important.
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### Notes:

**Goals** for you -

## Laws are the same for all people

- Laws**
- rules made by the government that we all have to listen to and follow
  - you have to follow the rules
- 

### Things to talk about

- Look at this picture for the **Right**, do you see that everybody is different. It does not matter if you are young, old or the color of your skin. The laws of our country are the same for everybody.
  - You and I have rules to follow - at work, on the road, outings around your area (town) or at home. Do you know some rules? If rules are not followed, what could happen?
  - Legal (Police) laws are to be followed, why? What could happen?
  - If you disobey a law - You have the **Right** to have a lawyer talk for you in a Court of Law.
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### Notes:

**Goals** for you -

## You have the **Right to Dream**

Look at this picture, does it make you want to go on a vacation? Have you ever had a holiday trip away from your home?

Your **Dreams** can be about anything; like learning a musical instrument, seeing a play, the opera or going to a camp. Do you have something you always wanted to try, see or do?

Do you understand that you can do anything you want in your Life? But you might have to do some hard work depending on your **Dream**.

Think of what you want and set a goal - then come up with a plan using Supported Decision-Making.

Sometimes our **Dreams** do not come true but it is still fun and important to **Dream!!**

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**Notes:**

**Goals** for you -