

# THE FREEDOM OF RIGHTS

IT'S THE LAW!

A BOOKLET FOR SELF ADVOCATES

# INTRODUCTION

Chilliwack Society for Community Living's, Individual Services Committee developed this guide to be used with **The Freedom of RIGHTS** video. This committee is made up of staff and self advocates.

The purpose of this guide is to help you understand your **RIGHTS** as a member of your community.

The **RIGHTS** described in this booklet are your **RIGHTS** by Law!

It is important to recognize that all people have **RIGHTS** and that, by law, all people must respect those **RIGHTS**.

LEARN YOUR RIGHTS, SHARE YOUR RIGHTS,  
LIVE YOUR RIGHTS. **IT'S THE LAW!**



“WE, THE ONE’S WHO ARE CHALLENGED,  
NEED TO BE HEARD. TO BE SEEN NOT AS  
A DISABILITY, BUT AS A PERSON WHO  
HAS AND WILL CONTINUE TO BLOOM.  
TO BE SEEN NOT ONLY AS A HANDICAP,  
BUT AS A WELL INTACT HUMAN BEING.”

**Robert M. Hensel**

Robert M. Hensel is an American, advocating for the RIGHTS of all persons with diversabilites.

He was born with Spina Bifida.

# IN THE PAST...

In the past, people's RIGHTS were not always recognized or respected.

# NOW IT'S THE LAW!

For more information on the United Nations Convention on the RIGHTS of persons with disabilities go to the following link:

<http://www.bcacl.org/sites/default/files/uploads/EasyReadUNConvention.pdf>



# YOU HAVE THE RIGHT TO AN EDUCATION

You have the RIGHT  
to attend a private or public school

You have the RIGHT  
to attend college or university

You have the RIGHT to lifelong learning

You have the RIGHT to learn a new skill

You have the RIGHT  
to be supported to learn

Question for Self Advocates:

WHAT ARE SOME THINGS  
YOU WOULD LIKE TO LEARN?

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?

# YOU HAVE THE RIGHT TO LIVE IN THE COMMUNITY

Question for Self Advocates:

WHAT ACTIVITIES OR JOBS  
WOULD YOU LIKE TO DO IN  
YOUR COMMUNITY?

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?

You have the **RIGHT** to work

You have the **RIGHT** to participate in recreation and cultural activities

You have the **RIGHT** to participate in leisure and sport activities

You have the **RIGHT** to be involved in your community

You have the **RIGHT** to be supported to live in your community

# YOU HAVE THE RIGHT TO FREEDOM OF MOVEMENT

Question for Self Advocates:

IS THERE A PLACE YOU HAVE  
DIFFICULTY ACCESSING?

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?

You have the RIGHT to access all public buildings

You have the RIGHT to access public transportation

You have the RIGHT to access public washrooms

You have the RIGHT to access your community

You have the RIGHT to an accessible home

You have the RIGHT to be supported to access your community

# YOU HAVE THE RIGHT TO FREEDOM OF EXPRESSION

Question for Self Advocates:

WHAT ARE SOME THINGS  
THAT MAKE YOU UNIQUE?

You have the RIGHT to make choices

You have the RIGHT to express your personal style

You have the RIGHT to be yourself!

You have the RIGHT to be  
supported to express who you are

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?



# YOU HAVE THE RIGHT TO PRIVACY

Question for Self Advocates:

WHAT IS PRIVATE?

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?

You have the **RIGHT** to privacy in your home

You have the **RIGHT** to private conversations, mail, email, texting and telephone calls

You have the **RIGHT** to have your privacy respected by others

# YOU HAVE THE RIGHT TO FREEDOM FROM ABUSE



Question for Self Advocates:

WHAT ARE OTHER EXAMPLES OF ABUSE?

You have the RIGHT to life without physical, emotional, financial or sexual abuse

You have the RIGHT to live safely

You have the RIGHT to be supported to be safe

For more information refer to the ABUSE and NEGLECT booklet

Question for Support Network:

WHAT ARE SOME WAYS TO SUPPORT THIS RIGHT?

# YOU HAVE THE RIGHT TO PUBLIC AND POLITICAL LIFE

POLLING  
STATION  
# 21

Question for Self Advocates:

WHAT ARE SOME WAYS YOU  
CAN CONTRIBUTE TO YOUR  
COMMUNITY?

You have the RIGHT to vote

You have the RIGHT to speak publically

You have the RIGHT participate in and contribute  
to your community

You have the RIGHT to express your opinion

You have the RIGHT to be supported to have a  
public and political life

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?

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# YOU HAVE THE RIGHT TO EQUALITY BEFORE THE LAW

Question for Self Advocates:

HOW DO YOU TREAT  
OTHERS FAIRLY?

Question for Support Network:

WHAT ARE SOME WAYS  
TO SUPPORT THIS RIGHT?

You have the RIGHT to life without discrimination

You have the RIGHT to real work, real pay

You have the RIGHT to a promotion

You have the RIGHT to be supported in a fair and just way

# YOU HAVE THE RIGHT TO LIFE AND FREEDOM

You have the RIGHT to live and participate in your community

You have the RIGHT to participate in committees, clubs, service groups, churches, associations, etc

You have the RIGHT to live

You have the RIGHT to be supported to live your life

Question for Self Advocates:

WHAT ARE SOME THINGS THAT MAKE YOU HAPPY ABOUT YOUR LIFE?

Question for Support Network:

WHAT ARE SOME WAYS TO SUPPORT THIS RIGHT?



# YOUR RIGHTS



IT'S THE LAW!

*"Acceptance of the RIGHTS of persons with disabilities will free us from the chains of discrimination and open to us the gates of heaven and limitless possibilities"*

These RIGHTS were created for you.

These RIGHTS give you the power to make decisions for yourself and to speak up for yourself.

If you believe your RIGHTS are not being respected in any way you should speak to someone you trust.

# IMPORTANT PHONE NUMBERS

EMERGENCY: **911**

LOCAL POLICE: **604-** \_\_\_\_\_

CHILLIWACK SOCIETY FOR COMMUNITY LIVING:  
**604-792-7726**

OTHER IMPORTANT PHONE NUMBERS:

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