

# Self-Advocacy Workshop #5



## Rights and Responsibilities Participant Workbook

# Real Choices Project

This workbook is for you to use and take home. Write down or draw what you learn. There is a page for each activity we do. You can write down words or draw a picture of what you want to remember.

Share this workbook with a friend and tell them what you learned in this workshop.

Name: \_\_\_\_\_



## **QUESTION OF THE DAY**

What is the ADA?  
It is also called the  
Americans with  
Disabilities Act

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## WHAT TO DO

1. Ask why you are being told you can do something. Keep asking questions until you understand what is happening.



2. Write down what they say.  
You can get the answers on tape.



3. Get a friend to help.  
✧ Call Disability Rights Vermont  
✧ Call the Disability Law Project



4. Find out what all the choices are.  
Do what is best for you.



5. Decide what you think about what is happening. Decide what steps you need to take to reach your goal.

6. Go to the person who makes the decisions.



7. Know and use your rights:

- the right to know all the information;
- the right to appeal and ask for a change
- the right to know what is happening all the time and why it is happening.



## The 3 Rs

- \* RIGHTS
- \* RULES
- \* RESPONSIBILITIES

### RIGHTS

Rights apply to everyone!

Rights are the rules that help make people equal.

Created equal

What does that mean?

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# RULES

Rules help us understand what we need to do to keep our rights.



We all must follow rules.

# RESPONSIBILITIES

To have our own rights respected, we must respect the rights of others.

We must behave in a responsible **way**.

## GROUP #1



# 1 the right to privacy.

Responsibilities: \_\_\_\_\_

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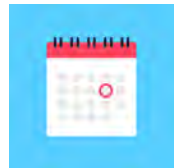
# 2 the right to communication.



Responsibilities: \_\_\_\_\_

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# 3 the right to schedule our time.



Responsibilities: \_\_\_\_\_

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## GROUP #2



# 4 the right to join a group.

Responsibilities: \_\_\_\_\_

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# 5 the right to have relationships.



Responsibilities: \_\_\_\_\_

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# 6 the right to **choose our own support staff.**

Responsibilities: \_\_\_\_\_

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## GROUP #3

# 7 the right to make decisions .

Responsibilities: \_\_\_\_\_

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# 8 right to live in a safe home;  
and to be treated with respect.

Responsibilities: \_\_\_\_\_

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# 9 the right to have a job  
if you want one

Responsibilities: \_\_\_\_\_

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# 10 the right to a safe community

Responsibilities: \_\_\_\_\_

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# DATING

You have the right to date.

What are your responsibilities when dating?

What are the laws or rules for dating?



# Disability Rights are Civil Rights

Everyone may not be  
equally  
athletic,  
intelligent,  
or tall

but everybody can be  
equally  
happy

Cool things I learned from this workshop!

\* Our everyday rights

\* Information about the rules and responsibilities that go with our rights

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