

# Rights & Safeguards

**A Guide for  
Self-Advocates**



COMMUNITY LIVING  
BRITISH COLUMBIA



This booklet is  
a guide to:

- help you understand  
some of your **Rights**
- give you important  
tips to keep you **Safe**  
from harm

If there is something  
you don't understand,  
ask someone you trust  
to help you.

Knowing your Rights  
helps you make sure  
you are treated with  
dignity and respect.

Rights

You have the Right to:  
understand important information

I don't  
understand  
what this  
means?



**Communication**

thank you for  
your help!



**Communication**

You have the Right to:  
be heard





okay  
let's go



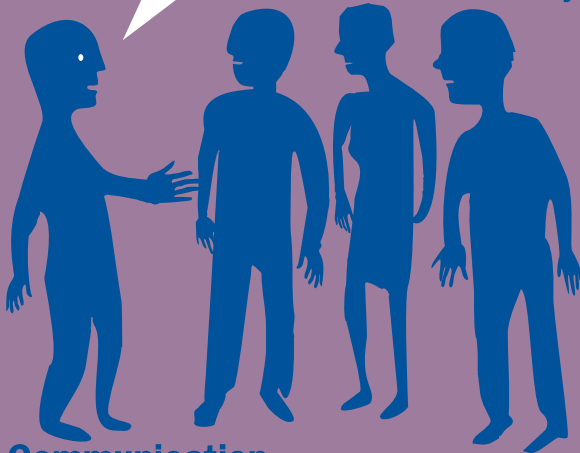
I want  
to go

**Communication**

You have the Right to:  
speak up for yourself

Here's what  
I think about  
that...

wow oh really



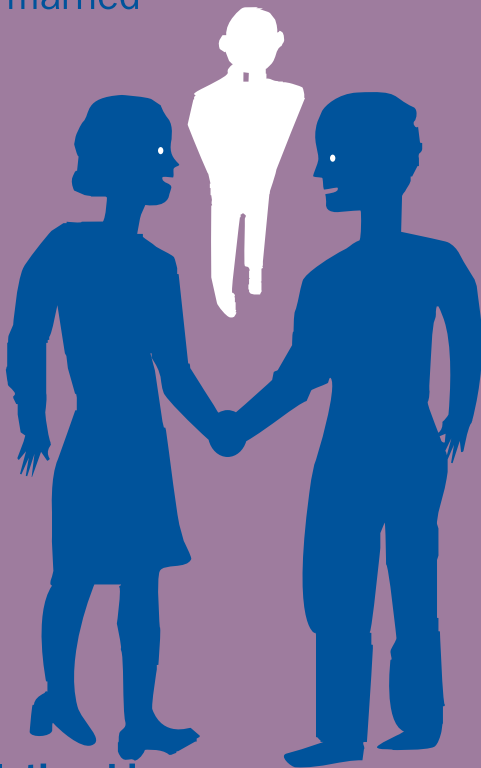
**Communication**

You have the Right to:  
say no



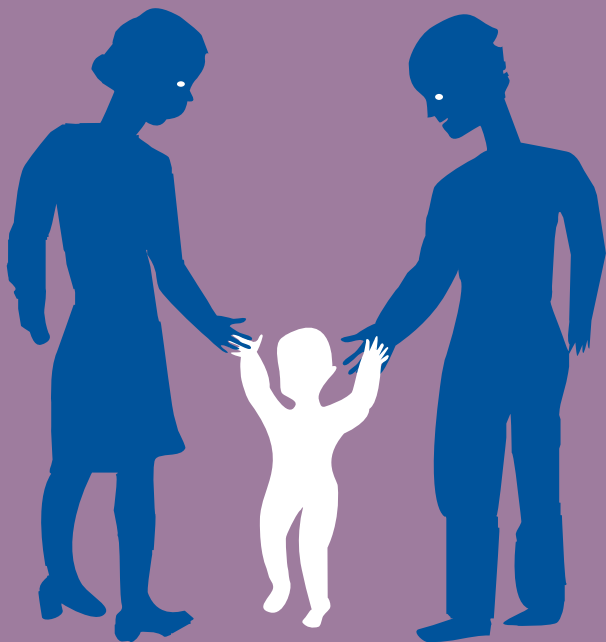
**Communication**

You have the Right to:  
be married



**Relationships**

You have the Right to:  
be a mom or dad



**Relationships**

You have the Right to:  
choose your own friends



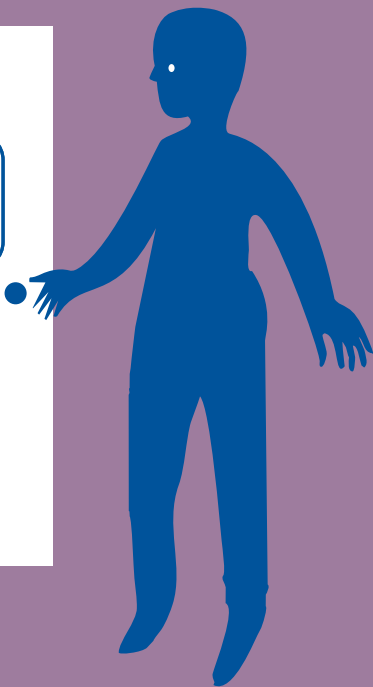
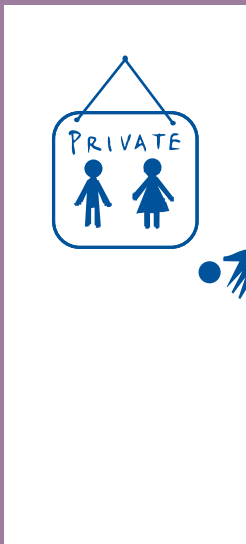
**Relationships**

You have the Right to:  
love



**Relationships**

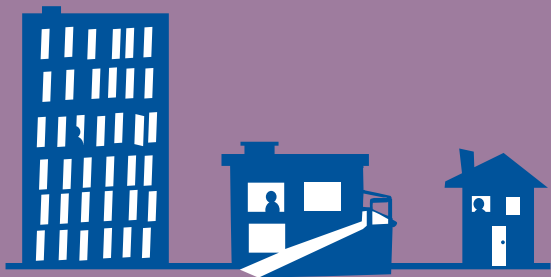
You have the Right to:  
have private space



**Homelife**



You have the Right to:  
have a say in where you live  
and who you live with



**Homelife**

You have the Right to:  
have a say in what you eat  
and when you eat



**Homelife**

You have the Right to:  
full citizenship



**Citizenship**

You have the Right to:  
have your own beliefs

GOD SHIVA

sorrow

right

happiness

sexual  
preference

wrong

ALLAH

JESUS

compassion

hope

BUDDHA



good  
love  
bad

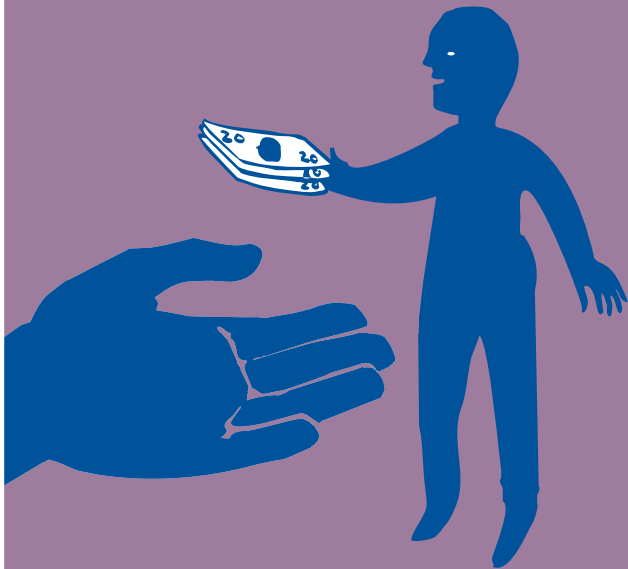
**Citizenship**

You have the Right to:  
have access to community



- Community Centre • City Hall
- Library • Church • Parks

You have the Right to:  
have a job



**Citizenship**

You have the Right to:  
volunteer and contribute  
your skills



**Citizenship**



You have the Right to:  
be welcome in the community



**Citizenship**

You have the Right to:  
vote



**Citizenship**

# Safeguards

The best way to keep safe is to have family, friends and other people in your life who know and care.

# Things you can do to protect yourself:

## **Physical Safety**

protecting your body

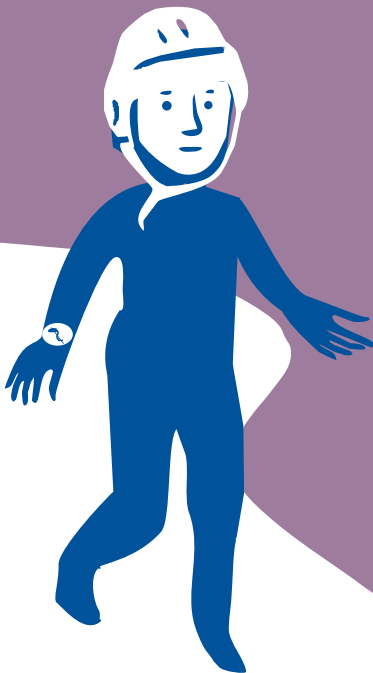
## **Emotional Safety**

protecting your feelings

## **Financial Safety**

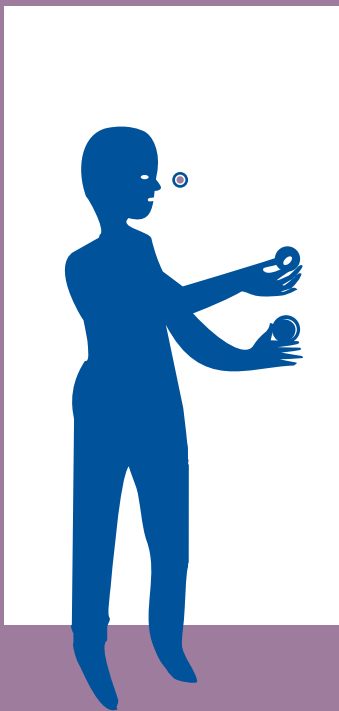
protecting your money  
and personal belongings

To keep yourself Safe:  
wear safety equipment



**Physical Safety**


To keep yourself Safe:  
lock doors



click

**Physical Safety**

# To keep yourself Safe: carry contact and emergency information



A hand is holding a white medical information card with a blue border. The card contains the following information:

name:	Charlie Smith
allergies:	Sulfa
medications:	cyrophlaxen
conditions:	epilepsy
in case of emergency contact:	
Susan Smith	
608 425 5140	



**Physical Safety**



To keep yourself Safe:  
have an escape plan



**Physical Safety**

To keep yourself Safe:  
don't touch or eat  
dangerous things



**Physical Safety**

To keep yourself Safe:  
yell for HELP

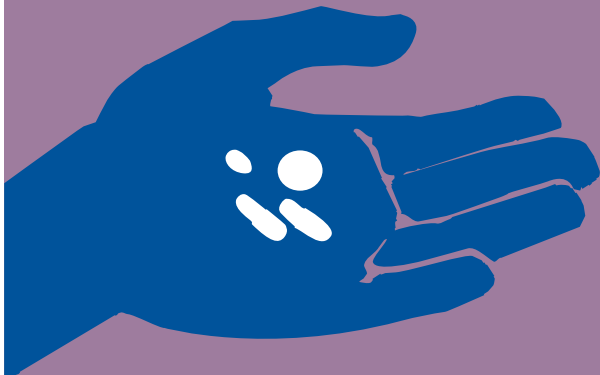
Help!!



**Physical Safety**

To keep yourself Safe:  
take your medicine

my medication



**Physical Safety**

# To keep yourself Safe: walk safely in public



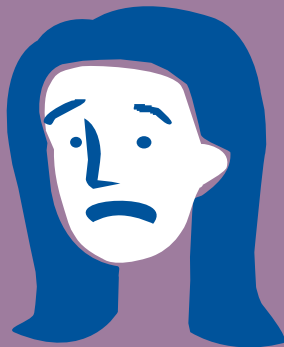
**Physical Safety**

To keep yourself Safe:  
know when something is wrong



**Emotional Safety**

that person  
hurt my  
feelings



To keep yourself Safe:  
know who to tell when  
something is wrong

I need to tell you  
that something  
is wrong!!



Emotional Safety



To keep yourself Safe:  
take part in decisions  
made about you



**Emotional Safety**

To keep yourself Safe:  
when you are told NO,  
ask why

Why did  
you say no?



**Emotional Safety**

To keep yourself Safe:  
have control over how  
you spend your money



**Financial Safety**

# To keep yourself Safe: don't give people your:

- bank account number  
or passwords
- house keys
- cheques
- purse
- wallet



**Financial Safety**



house keys

- cheques
- passwords
- bank account number



#5984528

wallet



purse

Think safe  
to be safe



COMMUNITY LIVING  
BRITISH COLUMBIA

CLBC has two websites  
related to safeguards:

**Community Inclusion:**

[www.startwithhi.ca](http://www.startwithhi.ca)

**Online Safety:**

[www.icanbesafeonline.ca](http://www.icanbesafeonline.ca)

**Videos related to safeguards  
and rights are also available  
on our main website:**

[www.communitylivingbc.ca](http://www.communitylivingbc.ca)



## **Community Living BC (CLBC)**

7th Floor, Airport Square  
1200 West 73rd Ave  
Vancouver, BC  
V6P 6G5

[www.communitylivingbc.ca](http://www.communitylivingbc.ca)



COMMUNITY LIVING  
BRITISH COLUMBIA

