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!
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...

Communication

wow  oh  really
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
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  hope
compassion  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
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
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 

Physical Safety

To keep yourself Safe:
carry contact and
emergency information

| name:     | Charlie Smith                  |
| allergies:| Sulfa                           |
| medications: | Cymo Phylarayen          |
| conditions: | Epilepsy                       |

in case of emergency contact:

| Susan Smith | 608 425 5140     |
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

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

my plan

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
- wallet
- purse

#S984528
Think safe to be safe
CLBC has two websites related to safeguards:

**Community Inclusion:**
www.startwithhi.ca

**Online Safety:**
www.icanbesafeonline.ca

Videos related to safeguards and rights are also available on our main website:
www.communitylivingbc.ca