

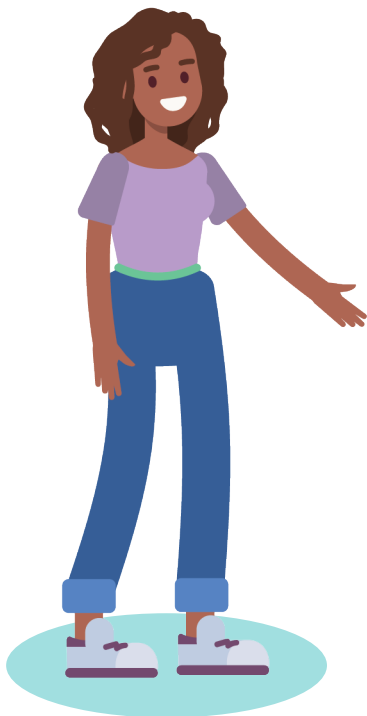


KNOW YOUR RIGHTS

A Guide for Self-Advocates



DISABILITY RIGHTS
NEW YORK



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 for help.

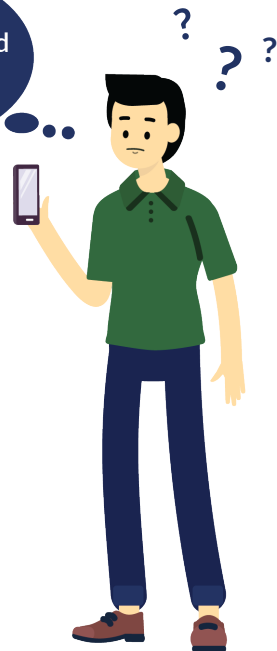
Knowing Your Rights

helps you make sure you are treated with fairness, dignity and respect.

EVERYONE has
RIGHTS,
including *ME.*

I have the RIGHT to:
receive information in a way that
I can understand it

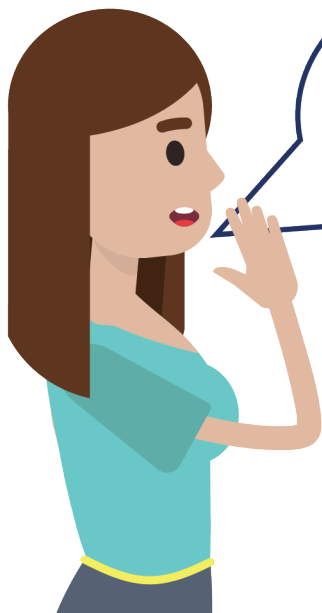
I don't understand
what this means.



Thank you for
your help!



I have the RIGHT to:
ask for what I want

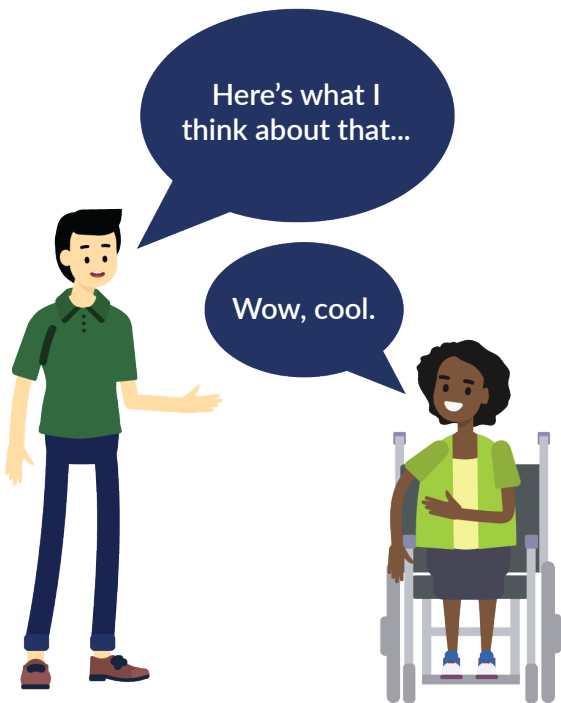


I want to go.

Okay! Let's go
in 5 minutes.



I have the RIGHT to:
speak up for myself



I have the RIGHT to:
say no



I have the RIGHT to:
choose my friends



I have the RIGHT to:
have private space



I have the RIGHT to:
have a say in where I live and who
I live with



Which one
should I choose?



I have the RIGHT to:
have a say in what I eat and when
I eat it



I have the RIGHT to:
have access to community



- Community Center
- Restaurants
- Recreation
(movies & sports)
- Library
- Shops
- Parks
- Church

I have the RIGHT to:
try to get a job



I have the RIGHT to:
have my own beliefs



DHA

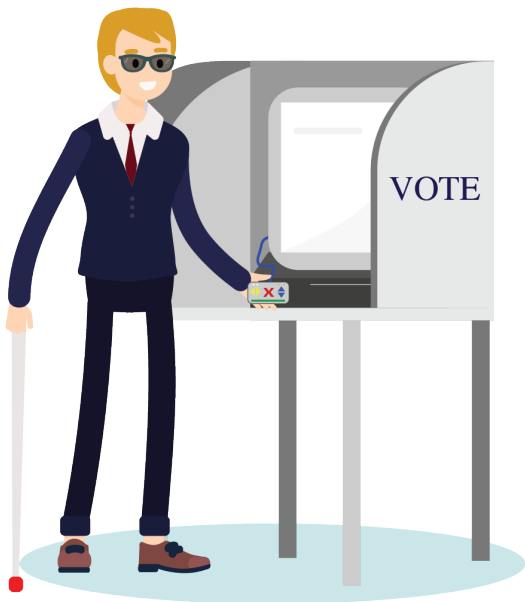
ALLAH

LIFE &
DEATH

GOD



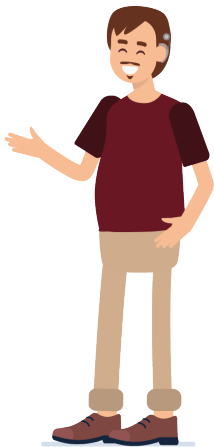
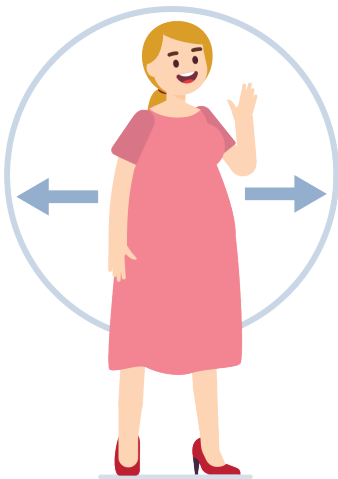
I have the RIGHT to:
vote



I have the RIGHT to:
love



I have the RIGHT to:
have personal space



I must also respect the
RIGHTS of OTHERS.



REMEMBER:

**You have the RIGHT to
make mistakes without
losing your right to make
decisions.**

STAYING SAFE

You have the right to
be and feel safe!

**The best way to keep safe
is to have people in my life
who know me and care
about me.**

Things I can do to protect myself:

Physical Safety

protecting my body

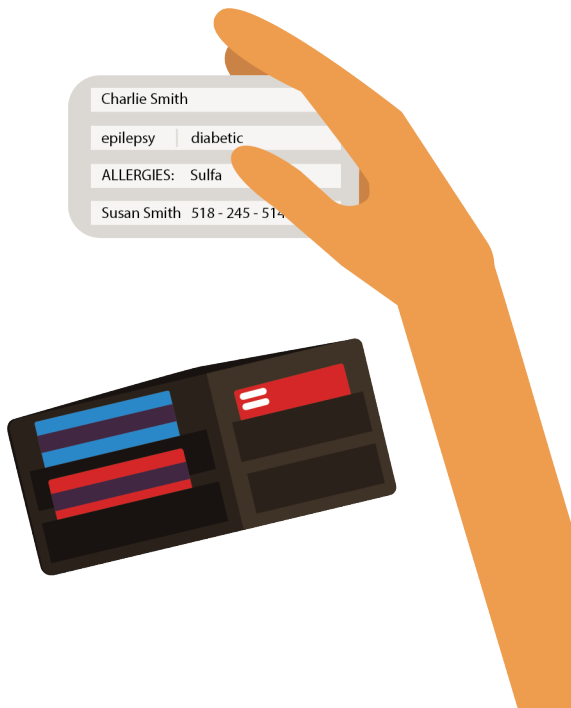
Emotional Safety

protecting my feelings

Financial Safety

protecting my money and my personal belongings

To keep myself SAFE:
carry contact and emergency
information



To keep myself SAFE:
have an escape plan



To keep myself SAFE:
don't touch or eat dangerous things

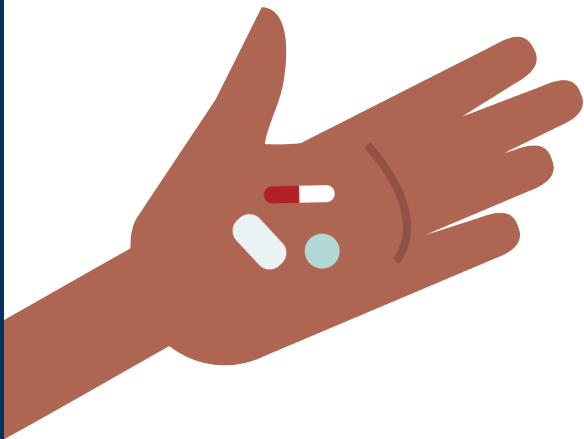


To keep myself SAFE:
yell for HELP



To keep myself SAFE:
take my medicine

my medication



To keep myself SAFE: walk safely in public

- walk with a friend
- walk in lighted areas
- follow traffic signs



To keep myself SAFE:
know who to tell when something
is wrong



To keep myself SAFE:
take part in decisions about me

My Plan

Step 1

Step 3

Step 2

Step 4



To keep myself SAFE:
when I am told NO, ask why



To keep myself SAFE:
know how much things cost and
keep track of my money



To keep myself SAFE:
don't give people my

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





**Think Safe
To Be Safe**

DRNY has many resources related to your rights:

www.drny.org





CONTACT US



PHONE

518-432-7861

TOLL FREE

1-800-993-8982



LOCATIONS



ALBANY

725 Broadway, Suite 450
Albany, New York 12207-5001

BROOKLYN

25 Chapel Street, Suite 1005
Brooklyn, New York 11201

ROCHESTER

44 Exchange Blvd, Suite 110
Rochester, New York 14614



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