

Golden Rules for my Therapists and Support Workers

When you work with people who help you, like therapists or support workers, it is really important that you feel safe and that they listen to you. This information is a simple guide to make sure you know what to expect and what your rights are.

Think of it like a list of rules for the adults who help you. These rules are all about making sure you are in charge of your own support.

Note: If you don't think your therapist or support worker knows about these, you can also share this with them.



The Right to be Informed

- I should be told about what we are doing and why.
- I may need extra time or help to understand, and I should be given this.
- Check with me that I have understood — do not assume that I do.
- Give me a chance to ask questions.
- Answer me honestly.
- Do not give up until I do understand.

The Right to have Your Say

- Involve me from the start.
- Remember that I should be able to have a say about things in my daily life, as well as bigger things in my school, community or country.
- Show me that you are listening and taking me seriously.
- Support me to say what I think, in ways that suit me best.
- If I take part, please use what I share to help make decisions.
- Tell me my voice is important. Do not ignore me because it is hard for you to hear what I have to say.
- If you do not use the things that I have said to make changes, explain why to me.
- Be honest. Do not ask for my ideas if it will not make a difference.



The Right to be Treated Well

- Recognise that I have the right to be involved in all decisions that affect me.
- Always treat me fairly and do not judge me.
- Make me welcome while also thinking about my age, ethnicity, ability, language, culture, religion, where I live and anything else that is important.
- I am different. We are all different. Recognise and celebrate this.

The Right to Participate in Your Way

- Use fun activities that a right for me.
- Let me share my own ideas and talents when we work on things together.
- Make sure you use the things that I have said make life better and change the things I have said need to be changed.
- Remember that sometimes I might have trouble speaking for myself and need someone to speak with or for me.

The Right Not to be Discriminated Against

- You should understand my rights and why it is important to listen to me when making decisions that affect me.
- I have the right to have a voice today, not just in the future when I am older.

The Right to Stop Participating

- Remember that it is my choice to take part.
- I may also choose not to. Make sure that this is okay whenever possible.

The Right to Privacy

- I should be given information about my rights.
- You should know who your information is shared with and be able to say yes or no to it.

The Right to Benefit from Research

- Tell me about new ideas and ways to get support so I can decide if they are right for me.

The Right to Complain

- Understand that sometimes we will think differently or disagree. Make time to talk about this.
- Explain to me what decisions or changes have been made and why.
- Give me a chance to ask questions about the decisions.

