

My Rights!

Rights help make sure we feel safe, happy and get the best help possible



Young people have rights just like grown ups.
You have lots of different rights.
Here are some of your rights that are extra important when you are accessing therapy and support services.

The Right to be informed



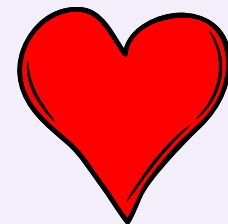
People should tell you what is happening and why.

The Right to have your say



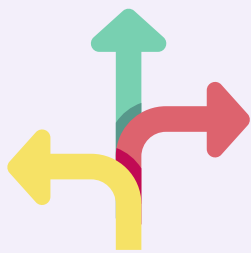
Your ideas and feelings are important! You get to share what you think.

The Right to be treated well



Everyone should be kind and respectful. You should always feel safe.

The Right to participate your way



You can do therapy or access support in ways that feel good and work for you

The Right to stop participating



If you need a break you can say 'stop' or 'no' - it is okay!

The Right to privacy



Your personal information is private and should be kept safe.

The Right not to be discriminated against



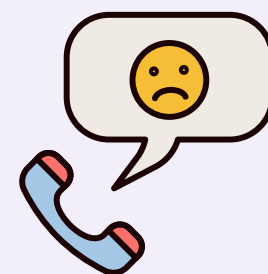
You should always be treated fairly, no matter what.

The Right to benefit from research



Your support people should use the best and newest ideas that are proven to help

The Right to complain



If something feels wrong or unfair, you can tell someone.

Remember: Your Voice is Powerful!

If you ever have questions or feel unsure, talk to a trusted adult like your parents, caregiver, support co-ordinator or your therapist. They are there to help you!