My rights: nothing about me, without **me**

Easy English book

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| An illustration of a book with a tick above it | How to use this book This book is by Life Without Barriers.  It is in Easy English.  We use pictures to help people know what it is about.  Some words are in **blue** and we will tell you what the words mean. |
| An illustration of a book with a question mark above it | What is this book about? This book is about your **rights.**  Some people with disability have helped write this book. |

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|  | What are your rights? |
| An illustration of a document with a person's rights listed in it and a person with their thumb up indicating that the document is good | A **right** is a rule that says what all people can expect to have and do in their life.  It is something that should not be taken away from you.  People who don’t let you have your rights can get in trouble. |
| Illustration of two people with an equals sign between them to represent equal rights | You have equal rights and opportunities This means you won’t be treated differently or unfairly because you are different to someone else. |
| A person holding a yes sign in one hand and a no sign in the other | You can make your own choices This means you get to decide what you do and want in your life. |
| An illustration of a person who have their thumb up and a green tick next to them to indicated that respect is good | You are respected for who you are This means you are allowed to have different ideas and interests and feelings about things. |
| Hands surrounding a heart indicating being safe  A person yelling at another person | You are safe This means you will not be hurt, yelled at, left alone for a long time without help, or **exploited** by anyone.  **Exploited** means someone is using you unfairly to get something from you, such as your money. |
| People watching a soccer game | You are part of the community This means you can do the things you want in the community, just like anyone else. |
| An illustration of a set of scales to represent justice | You get justice **Justice** means someone will help you if you are not getting your rights.  You can tell the police or someone you trust if you have been hurt or something does not feel right. |
|  | What if you are not getting your rights? |
| An illustration of a person with an angry face saying they are not happy | We want you to tell us if you are not getting your rights so we can fix things. |
| An illustration of a document and a person's angry face. This document tells people how they can tell Life Without Barriers if they are not happy. | We have a special document that tells you how you can tell us if you are not happy.  It is called the [Complaints and Feedback Policy](https://www.lwb.org.au/contact-us/static/7f6cbaa5a1fa3e48bdcd37bccea5f88c/Complaints%20and%20Feedback%20-%20Policy%20Statement%20-%20Easy%20English.pdf). |
| An illustration of two people with their arms around a client, supporting them  An illustration of a person with their friend | Your support team can give it to you and read it to you.  You can also ask someone you trust, like a family member or a friend, to tell us if you are not happy. |

This Easy English document was created by Life Without Barriers. We support and encourage the use of Easy English and accessible materials so every person may have the opportunity to engage with and understand important information about our services