A GOOD LIFE Has Rights & Responsibilities

OKLAHOMA DEVELOPMENTAL DISABILITIES COUNCIL
YOU HAVE THE RIGHT
to be treated nicely and respected at all times.

YOU HAVE THE RESPONSIBILITY
to treat others the same way you want to be treated.
YOU HAVE THE RIGHT
to make choices about your life.

YOU HAVE THE RESPONSIBILITY
to understand the consequences of those choices.
YOU HAVE THE RIGHT
to communicate with whomever you choose.

YOU HAVE THE RESPONSIBILITY
to know when it is okay to communicate with others.
YOU HAVE THE RIGHT to communicate with others as you prefer.

YOU HAVE THE RESPONSIBILITY to be respectful of how others communicate.
YOU HAVE THE RIGHT
to be with friends you like.

YOU HAVE THE RESPONSIBILITY
to respect your friends and choose friends who respect you.
YOU HAVE THE RIGHT

to keep stuff of your own.

YOU HAVE THE RESPONSIBILITY

to take care of your stuff.
YOU HAVE THE RIGHT
to have a safe, clean home.

YOU HAVE THE RESPONSIBILITY
to keep your home safe and clean.
YOU HAVE THE RIGHT
to have a job and make money.

YOU HAVE THE RESPONSIBILITY
to keep a job, so you can live the way you want to live.
YOU HAVE THE RIGHT to access public services.

YOU HAVE THE RESPONSIBILITY to file taxes.
YOU HAVE THE RIGHT
to access public transportation.

YOU HAVE THE RESPONSIBILITY
to understand public transportation schedules and fees.
YOU HAVE THE RIGHT
to go to the doctor or hospital when you need medical care.

YOU HAVE THE RESPONSIBILITY
to speak truthfully and listen to your doctor’s suggestions about your care.
YOU HAVE THE RIGHT
to know what is in records or reports about you.

YOU HAVE THE RESPONSIBILITY
to understand how and when to share your information.
YOU HAVE THE RIGHT
to be free from people hitting, hurting, yelling at, or saying hurtful things to you.

YOU HAVE THE RESPONSIBILITY
to tell someone who can help if you are being hurt.
YOU HAVE THE RIGHT
to enjoy the foods you like.

YOU HAVE THE RESPONSIBILITY
to choose healthy foods.
YOU HAVE THE RIGHT
to worship or not worship how you choose.

YOU HAVE THE RESPONSIBILITY
to respect others’ choice of worship.
YOU HAVE THE RIGHT to privacy.

YOU HAVE THE RESPONSIBILITY to respect others’ privacy.
YOU HAVE THE RIGHT
to have time to yourself.

YOU HAVE THE RESPONSIBILITY
to speak up when you want to be alone.
YOU HAVE THE RIGHT
to say who touches you.

YOU HAVE THE RESPONSIBILITY
to be respectful of others’ bodies.
YOU HAVE THE RIGHT to take risks.

YOU HAVE THE RESPONSIBILITY to deal with the outcome.
YOU HAVE THE RIGHT
to say yes or no
to help or support.

YOU HAVE THE RESPONSIBILITY
to be respectful when someone offers assistance.
YOU HAVE THE RIGHT
to join in groups and activities you choose.

YOU HAVE THE RESPONSIBILITY
to attend or participate in a respectful manner.
YOU HAVE THE RIGHT to vote.

YOU HAVE THE RESPONSIBILITY to vote.
YOU HAVE THE RIGHT
to be equal under the law.

YOU HAVE THE RESPONSIBILITY
to be a law-abiding citizen.
Adapted by the Oklahoma Developmental Disabilities Council from *Knowing Your Rights* by the Missouri Department of Mental Health, Division of Developmental Disabilities, May 2014.

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