

You have the **RIGHT** to choose and wear your own clothes.



You have the **RESPONSIBILITY** to choose and wear clothes that fit and are appropriate for the weather and activity.

You have the **RIGHT** to keep your belongings in a private place you can get to when you want.



You have the **RESPONSIBILITY** to store and display your belongings neatly and not keep things that could harm others.

You have the **RIGHT** to meet people and take part in community activities.



You have the **RESPONSIBILITY** to follow the rules, participate in the activities you have chosen, and behave as expected by the community in which you live.

You have the **RIGHT** to socialize, to have visitors and see your friends, family, girlfriend or boyfriend every day.



You have the **RESPONSIBILITY** to limit visits to regular visiting hours and respect the same rights of others in your home/group.

You have the **RIGHT** to choose how and with whom you spend your free time: alone or with a friend.



You have the **RESPONSIBILITY** to respect the same rights of others in your home/group and take turns choosing, when appropriate.

You have the **RIGHT** to exercise and have fun.



You have the **RESPONSIBILITY** to follow directions to avoid injury.

You have the **RIGHT** to send and receive mail that is not opened.



You have the **RESPONSIBILITY** to respect the same rights of others in your home and to give bills and such to the person who helps you pay them.

You have the **RIGHT** to services that help you live, work, and play in the most normal way possible.



You have the **RESPONSIBILITY** to help plan your services and fully participate in them on a regular basis or tell someone if you have changed your mind.

You have the **RIGHT** to worship and be involved in the religion you choose, or to choose not to go to church.



You have the **RESPONSIBILITY** to respect the same rights of others in your home and express your choices in whatever way is effective for you.

You have the **RIGHT** to training and education.



You have the **RESPONSIBILITY** to fully participate in the training and education opportunities you have chosen.

You have the **RIGHT** to vote.



You have the **RESPONSIBILITY** to make your own decisions
and express your desire to vote.

You have the **RIGHT** to be treated well and with respect.



You have the **RESPONSIBILITY** to respect the same rights of others and treat them well and with respect.

You have the **RIGHT** to only take medicine prescribed by a doctor for your benefit, not as a punishment or for someone else's convenience.



You have the **RESPONSIBILITY** to learn about your medications, take them as prescribed, and report side effects.

You have the **RIGHT** to refuse consent for experimental research.



You have the **RESPONSIBILITY** to understand any proposed research prior to giving consent.

You have the **RIGHT** to see a doctor as soon as you need and to receive adequate care.



You have the **RESPONSIBILITY** to report feeling ill or hurt as soon as possible in whatever way is effective for you.

You have the **RIGHT** to expect your records to be kept confidential.



You have the **RESPONSIBILITY** to maintain that confidentiality for yourself and your peers.

You have the **RIGHT** to be free from physical restraints (being held down or forced to be alone) unless it is to protect you or someone



You have the **RESPONSIBILITY** to manage your own behaviors and follow directions to keep yourself and others safe.

You have the **RIGHT** to be present or given good reason if your things are searched.



You have the **RESPONSIBILITY** to keep only things that belong to you and are not potentially harmful.

You have the RIGHT to say **NO** to anyone trying to hurt, scare, or upset you to change the way you act.



You have the RESPONSIBILITY to respect the same rights of others, control your own actions, and report anyone who tries to hurt, scare, or upset you.

You have the **RIGHT** to make and receive phone calls.



You have the **RESPONSIBILITY** to respect the same rights of others by limiting calls to the time limit specified in the rules for your home.

You have the **RIGHT** to make choices about where and with whom you live and how and with whom you spend your time.



You have the **RESPONSIBILITY** to express your choices in ways that are effective for you and respect the choices of others.

You have the **RIGHT** to work in the community (if an appropriate job is available).



You have the **RESPONSIBILITY** to

- Express your desire to work and choice of jobs.
- Demonstrate expected and appropriate work behaviors/habits.
- Fully participate in job development training.