



# steps to speaking up

## Step 1 - Your Rights



"speaking up is about sticking up for yourself and other people" - Reach member

"speak up about something and see if you can get things done" - Reach member



"if anybody hasn't got a voice you can speak up to help them" - Reach member

## Step 1 - Your Rights: Human Rights Act 1998



People with learning disabilities have the same rights as everyone else.



In 1998 the Government made a law called the Human Rights Act.



The Human Rights Act says what your rights are.



**Everyone has the right to be treated equally.**

## Step 1 - Your Rights: Human Rights Act 1998



No-one can treat you unfairly because you are disabled or because you are a man or a woman.



No-one can treat you unfairly because of your age or where in the world you come from.



No-one can treat you unfairly because of your religion, beliefs or ideas.



Some people don't know about their human rights so finding out and speaking up about them is very important.

## Step 1 - Your Rights: Human Rights Act 1998



Some of your rights are about things like your right to a fair trial if you are accused of a crime.

Some of your rights are about everyday things.



You have the right to a private life. This means no-one else should read your letters or diaries or listen to your phone calls unless you say they can.



You have the right to your beliefs. No-one can tell you what you should believe in or what religion to follow.



It is up to you if you don't want to follow any religion at all.

## Step 1 - Your Rights: About Your Rights



You have the right to your own thoughts and ideas and to speak up about them, as long as you also respect other people's rights to do the same thing.



You have the right to meet other people, get together and speak up about things that are important to you.



You have the right to get married and start a family. You can do this when you are 16 with your parents' permission.



If you are 18 or over you do not need anyone's permission to get married. It is your right.

## Step 1 - Your Rights: About Your Rights



You have the right to your own property and money.

No-one has the right to take away your things or your money.



You have the right to go to school or college and learn things.



You have the right to vote in elections to choose people like your local councillor or MP.



Your rights can only be taken away from you if it means keeping you or other people safe.

## Step 1 - Your Rights: Respecting Your Rights



There are people who can help make sure your rights are respected.

**Equality and  
Human Rights  
Commission**

The Equality and Human Rights Commission works to make sure everyone's rights are respected. You can ring their helpline for advice about your rights.



The helpline numbers are:  
Phone - 0808 800 0082  
Textphone - 0808 800 0084



You can find out more at  
[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

## Step 1 - Your Rights: Speaking Up



One Reach member said “you can speak up about everything. Your rights and everything you want.”



If you are worried or unhappy about something in your life you can speak up about it to someone.



The idea of speaking up is so you can make things better for you and for other people.



No-one should stop you from speaking up.

Your friends, family and support staff should help you to speak up about your life.