HUMAN RIGHTS

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What are human rights?



We are all different with different abilities and backgrounds. Human rights exist so everyone is treated well and has choice in their life.

Human rights include freedom, respect, equality and dignity.

Freedom



We all have the right to be free. Freedom includes:

- feeling safe
- having our own things like a home or furniture
- choosing work
- choosing and following a religion or belief
- having your own ideas and talking about them
- moving around freely and choosing your friends.

Respect



We all have the right to be treated well and accepted as we are.

Respect includes:

- being included in the things you like
- people accepting your choices, culture and religion
- people accepting your family and friends and not making fun of them.
- having your own ideas and talking about them
- moving around freely and choosing your friends.

Innovate Consultancy Services

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Equality

We all have the right to be treated the same as everyone else.

Equality includes:

- being treated fairly and the same as other people
- going to the same places as other people
- being included in the community
- being able to vote



Dignity

We all have the right to feel safe and valued. Dignity includes:

- protection from people who treat you badly (hitting you, yelling at you or calling you names)
- having a say in who can talk about your personal information
- having a say in what medical treatment you have.



If your human rights (freedom, respect, equality and dignity) are not being upheld it is important to let someone know.

You could tell a friend, family member, a worker you trust or a government department such as the **Australian Human Rights Commission**. Their details are:

Phone: 1300 369 711

Website: https://humanrights.gov.au/

National Relay Service: 1300 555 727 (Speak and Listen) or https://www.accesshub.gov.au

Translating and Interpreting Service: 131 450 or http://www.tisnational.gov.au/