

## 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.





## 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 656 419 or 02 9284 9888

Email: [infoservice@humanrights.gov.au](mailto:infoservice@humanrights.gov.au)

TTY: 1800 620 241 (toll free)

National Relay Service: 1300 555 727 (Speak and Listen) or <http://relayservice.gov.au/>

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