

The Rights Cards

This resource is linked to the Sexual Lives & Respectful Relationships 'Talking about rights' series. Please review this handout before using this resource in practice. SL&RR Peer Educators and Program Partners think it is important to have background information from the talking about series before you use these activities with someone one on one.

The rights cards talk about how people with intellectual disabilities do not have their rights respected, specifically their rights in sexuality. SL&RR is a place to better understand information about sexuality and relationships. The rights cards set lead people with disability to safer and better sexual lives by knowing about their rights.

People with a disability have the right:

- To be treated like an adult
- To be sexual
- To have information about sexual health, sex and relationships
- To make your own decisions about relationships
- To have privacy and be respected at home
- To be safe from violence and abuse
- To be able to do these things without other people stopping you

Why might you use the rights cards?

- This activity could be used one on one in counselling or in a group setting
- It could be used individually to discuss a specific right
- It could help to understand relationships rights
- It could help to understand experience
- It could be used as Professional development
- Supporters could use it to better understand rights of people with disability

How to do the activity (one on one):

1. Start by having a conversation about rights, what they are, and why they are important. Introduce this activity about rights. It is an activity about why rights are important for everyone.
2. Put the cards out on the table or the floor. Check that the person you are with knows what each of the rights are.
3. You could start by providing an example. Eg. Card: 'To have privacy and be respected at home'. Response "This is important because if you want to do something private, no one should stop you from doing that. You also have the right to public displays of affection as well"
4. One by one, go through each of the cards. Ask about a particular right, what is it, what does it mean, why is it important?
Suggested talking points:
 - "What does that card mean for you?"
 - "Do you have an example of a time which this right was respected?"
 - "What does that card make you feel?"
5. Depending on time, you could use the whole deck, choose a few cards to focus on, or just choose 1.
6. When all the rights have been talked about, conclude the activity. Ask what they thought about it and if they feel OK now.
7. If it is your role, you could refer them to someone or a service for more information or help if they want it.

How to do the activity (group):

1. Start by having a conversation about rights, what they are, and why they are important. Introduce this activity about rights. It is an activity about why rights are important for everyone.
2. Put the cards out on the table or the floor. Check that the people you are with know what each of the rights are.

3. Hand out some or all of the cards to the group and start 'pass the parcel'. When the leader says stop, each person who has a card can talk about that card or swap it for a different card.
4. You can then ask them to say what they think about a particular right, why it is important, and what they think it means. They can also talk about a time when someone respected this right and what it was like.
5. When all the rights have been talked about, conclude the activity. Ask what they thought about it and if they feel OK now.
6. If it is your role, you could refer them to someone or a service for more information or help if they want it.

People with disabilities have the right:

**To be
treated
like
an
adult**



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People with disabilities have the right:

**To have
information
about
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sex and
relationships**



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People with disabilities have the right:

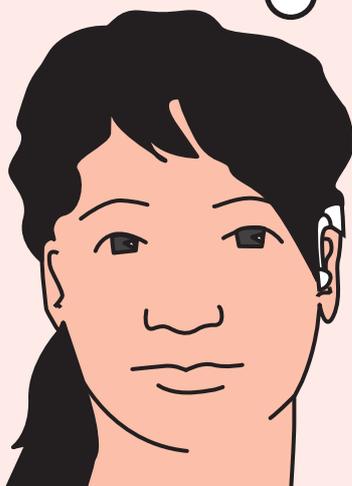
To be sexual



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People with disabilities have the right:

**To make your
own decisions
about relationships**



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People with disabilities have the right:



**To
have their
privacy
respected**

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People with disabilities have the right:

**To be safe
from
violence
and abuse**



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People with disabilities have the right:



**To be
able to do
these things
without
other
people
stopping you**

