



Your Rights and Choices

Take our Rights and Choices Challenge and see how well you score !



- 1. I choose how I take part in my community.
- 2. It is easy for me to get to other places.
- 3. I feel safe when I go out.



Put a tick in the box if you agree !



- 4. I have my own home.
- 5. I can choose who I live with.
- 6. I can choose where I live.
- 7. I feel safe at home.



- 8. I can choose how I am supported.
- 9. I can choose who supports me.
- 10. I get good support.



- 11. I choose my friends and relationships.
- 12. I can choose to show my feelings.
- 13. I can choose to say NO !
- 14. I can choose to keep things private.



- 15. I can choose what I do in the daytime and in the evening.
- 16. I can choose to get a paid job.



- 17. I choose how to be healthy and safe.
- 18. I have the same rights and responsibilities as everyone else.



- 19. I can make decisions for myself.
- 20. I can get help to make changes in my life.

How well did you do?

I scored

20

out of

Everyone has the right to make these choices.

If you want to talk about your rights and choices, please contact Poole Forum:



01202 746040

Please send your completed form to:



pooleforum@msn.com

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