

June
2024

A MONTHLY
NEWSLETTER
ABOUT YOUR
RIGHTS AND
RESPONSIBILITIES

Right Here!

Rights of the Month

Send and Receive Mail
Make / Receive Calls
Spend Money
Be Safe
Vote
Live Where You Want
Belong to Groups
Have the Best Health
Practice Cultural and Religious Beliefs
Be Heard, Have Freedom of Expression
Be Free From Abuse, Neglect and Mistreatment
Have Personal Possessions
Have Privacy
Obtain Meaningful and Productive Work
Decide and Participate in What People Say, Share and Write About You
Make Decisions About Your Life
Have Family, Friends & Intimate Relationships
Express Grievances and Object to Services



this issue

Right to have Family, Friends & Intimate Relationships **P.1**

10 questions to ask when getting to know someone **P.1**

CQL References **P.2**

Relationships Word Search **P.2**

You Have the Right to have Family, Friends & Intimate Relationships

The right to have family, friends and intimate relationships is a human right that applies to everyone, regardless whether someone has a disability or not. Relationships fulfil a role for all people. They provide emotional well-being, support and a sense of companionship. Relationships promote social inclusion. They provide a sense of belonging and connection. This includes the right to

- Get married and start a family
- Have intimate relationships
- Have meaningful friendships and social connections.

Denying people with disabilities the opportunities to form and maintain relationships a form of discrimination and a violation of their human rights. It's important to respect and support the rights of people with disabilities to have relationships, families and friends, free from discrimination.

10 questions to ask to get to know someone

1. What is your favorite place to shop?
2. What do you like to do on weekends?
3. What is the last new years resolution you made?
4. What are your favorite phone apps?
5. What is a cause you are really passionate about?
6. What is the song that always is stuck in your head?
7. What are things you normally splurge on?
8. What is your number one pet peeve?
9. What is your favorite TV show?
10. What is your favorite band?

Family, Friends & Relationships

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- | | | |
|-------------|---------|------------|
| BUDDY | HELP | |
| CARING | HONEST | |
| CONSIDERATE | KIND | SHARE |
| ENCOURAGE | LAUGH | SMILE |
| ENJOY | LISTEN | SUPPORTIVE |
| FAITHFUL | LOVE | TEAMWORK |
| FORGIVE | LOYAL | TOGETHER |
| FRIEND | PLAY | TRUST |
| GIGGLE | RESPECT | |

Council on Quality and Leadership (CQL) states,

It's a Right to :

“Marry and Have Children

- Have relationships that are private and personal
- Choose with whom to have a relationship
- Be a part of a family
- Live with a spouse or significant other
- Get counseling and assistance from social programs like family planning”

With whom can you talk about your questions or concerns regarding rights?



“I feel family goes beyond bloodlines, last names or obligations. To me, the word ‘family’ includes all the people in our lives who commit to love and support us unconditionally. It is not a passive birthright but a choice, a discipline of kindness that helps us thrive both as individuals and as a society.” - Fernando Barcelona, President / Creative Director, Barcelona and

Friends