

. لِيُعَامَلْ بِالاحْتِرَامِ .
. لِلعِيشَةِ فِي مَكَانٍ آمِنٍ .
. لِيَحْصَلَ عَلَى الطَّعَامِ الجَيِّدِ لَكَ .
لِلذَّهَابِ إِلَى الكَنِيسَةِ الَّتِي تَخْتَارُهَا، أَوْ عَدَمِ الذَّهَابِ إِلَى الكَنِيسَةِ إِذَا لَا تَرِيدُ
. لِلحَصُولِ عَلَى المَسَاعَدَةِ مِنْ دَكْتُورٍ أَوْ طَبِيبِ أسْنَانٍ عِنْدَمَا تَحْتَاجُ لَهُ .
. لِلحَصُولِ عَلَى الأنواعِ الخَاصَّةِ الأخرى لِلْمَسَاعَدَةِ الَّتِي تَحْتَاجُ لَهَا .
. لِيَحْصَلَ عَلَى نَاسٍ لِيَعْلَمَكَ
لِيَكُونَ وَحيدًا عِنْدَمَا تَرِيدُ
لِلتَّكَلُّمِ مَعَ أَيِّ شَخْصٍ الَّذِي تَرِيدُهُ أَوْ يَحْتَاجُ لِلتَّكَلُّمِ
. لِيَحْصَلَ عَلَى أَشْيَاءِكَ
. لِيَحْصَلَ عَلَى كَلَا الرَّجَالِ وَ الصَّدِيقَاتِ وَ لِقِضَاءِ الوَقْتِ مَعَهُمْ
. لِعَمَلِ الأَشْيَاءِ الَّتِي تَرِيدُهَا
. لِلعَمَلِ وَ كَسْبِ المَالِ
لِيُعَامَلْ مِثْلَ كَلِّ المَوَاطِنِ الأخرين

لِيحْفَظَكَ مِنْ ضَرْبٍ تَأَلَّمُ أَوْ سَبِّ
. لِلتَّعَلُّمِ، التَّصَادُقِ وَ عَمَلِ الأَشْيَاءِ فِي المَجْتَمَعِ
. لِتَقْرِيرِ الأَشْيَاءِ عَنِ حَيَاتِكَ
لِلطَّلَبِ مِنْ شَخْصٍ مَا آخِرُ أَنْ يَسَاعِدَكَ
. لِشِرَاءِ الأَشْيَاءِ الَّتِي تَرِيدُهَا أَوْ يَحْتَاجُ بِمَالِكَ
لِقَوْلِ نَعَمْ أَوْ لَا إِلَى النَّاسِ الَّتِي تَرِيدُ التَّكَلُّمَ عِنْدَكَ أَوْ النَّظَرَ إِلَى بِنْسِكَ
. لِإِخْبَارِ نَاسٍ إِذَا لَا تَحِبُّ شَيْئًا مَا الَّذِي يَحْدُثُ إِلَيْكَ
لَيْسَ مَكْبُوحٌ (رِبْطٌ إِلَى الأَسْفَلِ) أَوْ أُعْطِيَ الدَّوَاءُ إِذَا لَا تَحْتَاجُ لَهُ
لِلتَّصَوُّيْتِ وَ لِقَوْلِ مَا تَرِيدُهُ عَنِ حُكُومَتِكَ
لِقَوْلِ لَا إِذَا لَا تَرِيدُ أَنْ تَكُونَ فِي دِرَاسَةٍ أَوْ تَجْرِبَةٍ

DISCLAIMER: The above is a translation of BCBMR/DD document from English into Arabic. It is our intention that this translation accurately portray into Arabic the substance of the original English document. To the extent that the two versions may, despite our best efforts, differ slightly, the original document (in English) will govern.

Your Rights

- To be treated with respect.
- To live in a safe place.
- To have food that is good for you.
- To go to the church you choose, OR

- Not to go to church if you don't want to.
- To get help from a doctor or dentist when you need it.
- To get other special kinds of help that you need.
- To have people teach you.
- To be alone when you want to.
- To talk to anyone you want or need to talk to.
- To have your own things.
- To have both men and women friends and to spend time with them.
- To do things you want.
- To work and earn money.
- To be treated like all other citizens.
- To NOT be hit, hurt, or called names.
- To learn, make friends, and do things in the community.
- To decide things about your own life.
- To ask someone else to help you.
- To buy things you want or need with your own money.
- To say "yes" or "no" to people who want to talk about you or look at your personal files.
- To tell people if you don't like something that is happening to you.
- To NOT be restrained (tied down) or given medicine if you don't need it.
- To vote and to say what you want to about your government.
- To say "no" if you don't want to be in a study or experiment.

(Adapted from materials produced by the Hamilton County MRDD Program)