



Your Life, Your Rights: Relationships Rights

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Title: Your Life, Your Rights: Relationship Rights

Image: there are three images. The first is of 5 people hugging. The second picture is of two people holding hands with a string around them and hearts. The third is of three people facing away and holding each other.

Talking points:

Presenters are:

- Joseph McCarthy, 2024 Leadership class, from Advocates in Action
- Amethys Nieves, Division of Developmental Disabilities
- Johanna Mercado, Division of Developmental Disabilities

Class Rules!

Here are some **helpful virtual class rules:**

- Be Prepared & Ready to Learn
- Respect Everyone in the Group
- Speak Up & Participate
- Stay focused
- Take Care of Yourself
- Have Fun & Be Yourself!



Title: Class Rules!

Image: person taking an online class, raising their hand

Talking Points:

1. Be prepared and ready to learn. Have your materials nearby. Make sure your device is charged. Find a quiet place where you can focus.
2. Respect everyone in the group. Listen when someone is speaking. Be kind and patient with others. Use polite words and gestures.
3. Speak up and participate. Share your thoughts in a way that works for you, like talking, typing in the chat, or using reactions. Ask questions when you need help. It's okay to take your time to answer!
4. Stay focused and on task. Try to avoid distractions. Keep phones and other devices off unless they're needed. Follow along with the lesson and activities. Stay muted when you're not speaking to help keep background noise low.
5. Take care of yourself. If you need a break, let your teacher know. Use headphones or closed captions if they help you follow along better. Feel free to use a fidget tool or move around as needed.

Welcome! Ice Breaker: Would you rather!

Would you rather?

Would you rather have a cool superpower or be really famous?



Title: Welcome! Ice Breaker: Would you rather!

Image: a group of people getting to know one another

Talking points:

For this ice breaker, we will play would you rather. The question is: would you rather have a cool superpower or be really famous?

What You Will Learn Today



All about your Relationship rights:

- What are Relationship rights
- Words to know!
- Why they matter
- How to stand up for your rights
- Game
- Where to learn more

Title: What You Will Learn Today

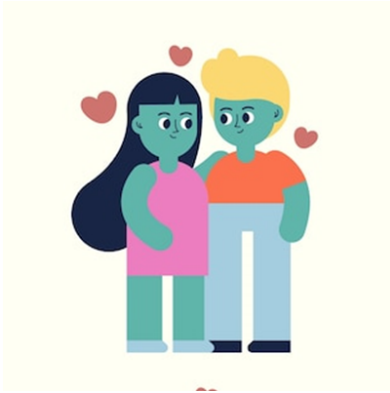
Image: two people, each in a wheelchair, holding hands with hearts around them.

Talking points:

All about your Relationship rights:

- What are relationship rights
- Words to know
- Why these rights matter
- How to stand up for your rights
- Game to learn your rights
- Where to learn more

What is Relationship Rights



Relationship rights mean that every person has the right to make their own choices about friendships, family, and dating. This includes:

- Friendships
- Romantic relationships
- Kindness and respect.
- Staying safe
- Privacy
- Boundaries
- Making Choices

Title: What are Relationship Rights

Image: two people standing close surrounded by hearts

Talking points:

Relationship rights mean that every person has the right to make their own choices about friendships, family, and dating. This includes:

- Friendships: Choosing who to be friends with or date.
- Romantic Relationships: Ending relationships if they don't feel right.
- Kindness and Respect: Being treated with kindness and respect.
- Staying safe from harm or abuse.
- Privacy: Keeping some things private if they want to.
- Boundaries: Saying "no" to things they don't want to do.
- Making Choices: Enjoying hobbies and activities they like.
- Falling in love, getting married, and having a family or a pet.

These rights help everyone have safe and happy relationships.

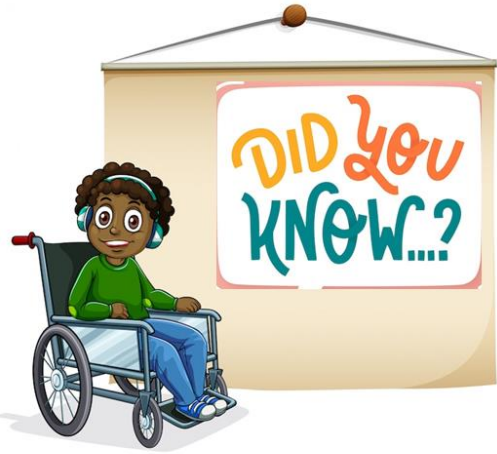
Words to know!

Relationships: Connections with family, friends, or romantic partners.

Consent: Saying "yes" or "no" to things you do or don't want to do.

Privacy: The right to keep personal matters to yourself.

Respect: Being treated with kindness and fairness.



Title: Words to know!

Image: a person in a wheelchair with a board that has the words, "Did you Know?"

Talking points:

- Relationships: Connections with family, friends, or romantic partners.
- Consent: Saying "yes" or "no" to things you do or don't want to do.
- Privacy: The right to keep personal matters to yourself.
- Respect: Being treated with kindness and fairness.

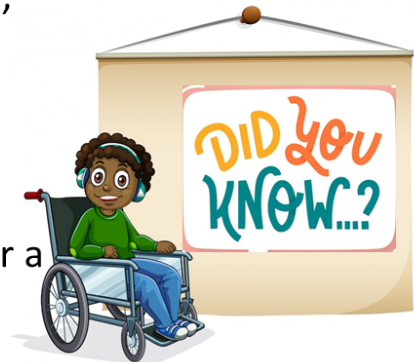
Words to know!

Abuse: Harmful treatment, including physical, emotional, or verbal mistreatment.

Dignity: Being valued and treated as an important person.

Parenting: The right to raise a child or care for a pet.

Boundaries: Limits you set in relationships to feel safe and comfortable.



Title: Words to know!

Image: a person in a wheelchair with a board that has the words, "Did you Know?"

Talking points:

- Abuse: Harmful treatment, including physical, emotional, or verbal mistreatment.
- Dignity: Being valued and treated as an important person.
- Parenting: The right to raise a child or care for a pet.
- Boundaries: Limits you set in relationships to feel safe and comfortable.

Why they matter?

Relationship rights matter because they help people make their own choices and feel safe, respected, and happy.

Knowing and using these rights helps people build strong and healthy connections while feeling valued and independent.



Title: Why they Matter?

Image: a fist in a circle with images of 5 people under it

Talking points:

Relationship rights matter because they help people make their own choices and feel safe, respected, and happy. Knowing and using these rights helps people build strong and healthy connections while feeling valued and independent. Here are some of your rights:

- Freedom to choose. Everyone should be able to decide who they spend time with and how they form relationships.
- Safety and respect. No one should be mistreated, pressured, or harmed in a relationship. These rights protect people from abuse.
- Independence. Being able to say "yes" or "no" lets people control their own lives and relationships.
- Happiness and connection. Good relationships bring joy and support. Knowing your rights helps you build strong, healthy connections.

Without these rights, people might feel trapped, disrespected, or unsafe. That's why it's important for everyone to understand and use them.

How to stand up for your rights



- **Speak up!**
- **Know your choices.**
- **Ask for help.**
- **Report it**
- **Boundaries**
- **Confidence**

Standing up for your rights means knowing what you deserve and speaking up when something isn't fair or doesn't feel right.

Title: How to stand up for your rights

Image: two people in wheelchairs holding signs

Talking points:

Standing up for your rights means knowing what you deserve and speaking up when something isn't fair. Here are some ways you can protect your rights:

- Know your rights. Learn about your rights in relationships, work, housing, and daily life. The more you know, the stronger you can be.
- Speak up. If something feels wrong, say something. You have the right to express your feelings and ask for help.
- Ask for support. Talk to a trusted friend, family member, or advocate if you need help standing up for yourself.
- Report mistreatment. If someone is treating you unfairly or hurting you, tell someone who can help, like a counselor or a rights organization.
- Set boundaries. You have the right to say "no" to things that make you uncomfortable.
- Stay confident. Believe in yourself and your right to be treated with respect.

You deserve respect, clear information, and the right care. If you ever feel unsure, you have the right to ask for help and stand up for yourself.

“Feelings and Choices” Game

How to play:

- Look at the virtual card
- Choose how to respond
- Let’s talk about it
- Bonus Round: Emotion Match
 - How do the cards make you feel?



Title: “Feelings and Choices” Game

Image: a person sitting in a wheelchair surrounded by emojis with different faces

Talking points:

This activity is a fun and supportive way to explore self-expression and practice decision-making in different relationship scenarios.

Here is how we are going to play:

- On the screen there will be a visual card. Each card will show a different situation.
- You will choose how to respond to the situation.

At the end we will have two bonus rounds called Emotion Match. In these rounds, you will decide if the scene makes someone sad or happy, and what the person can do in the situation.

Visual Card: Arguing



Title: Visual Card: Arguing

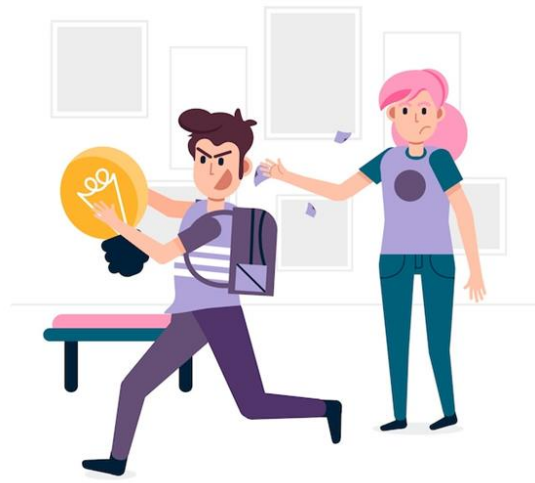
Image: two people arguing

Talking points:

What do you think is happening in this example?

What can you do if you find yourself in this kind of situation? Can you ask for help or set a boundary?

Visual Card- A friend taking your idea



Title: Visual Card: A Friend Taking Your Idea

Image: Someone holding a light bulb running away from a friend who looks upset.

Talking points:

What do you think is happening in this example.

What can you do if you find yourself in this kind of situation?

Visual Card: Interrupting/boundary



Title: Visual Card: Interrupting/Boundary

Image: a person listening to music and someone touching their headphones

Talking points:

What do you think is happening in this example.

What can you do if you find yourself in this kind of situation?

Emotion Match: Sad or happy?



Title: Emotion Match: Sad or Happy

Image: a person with a camera pointed at someone who is on the floor hurt and another person pointing at the person on the floor.

Talking points:

What do you think is happening in this example?

Can you describe a feeling that fits the situation? Would this make you happy or sad?

What can you do if you find yourself in this kind of situation?

Emotion Match: Sad or happy?



Title: Emotion Match: Sad or Happy?

Image: two friends walking and laughing together

Talking points:

What do you think is happening in this example?

Can you describe a feeling that fits the situation? Would this make you happy or sad?

What can you do if you find yourself in this kind of situation?

Relationship Rights: A list to remember!



- You have the right to choose
- Respect and kindness
- You can say "no"
- Privacy matters
- You deserve to be safe
- You can set boundaries
- Asking for help is okay
- Relationships should bring joy

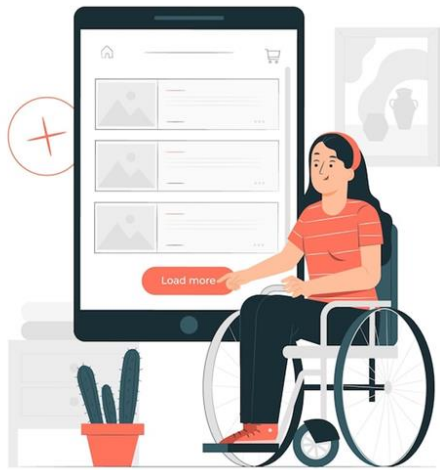
Title: Relationship Rights: A List to Remember

Image: a person holding a pencil and a checklist.

Talking points:

- You have the right to choose, including the friends, family, and romantic relationships you have.
- Respect and kindness are important in every relationship.
- You can say "no" to things that make you uncomfortable.
- Privacy matters. You can keep some things to yourself.
- You deserve to be safe and free from harm or abuse.
- You can set boundaries and decide what feels right for you.
- Asking for help is okay.
- Relationships should bring joy and help you feel happy and confident.

Where to learn more



Visit the [Division's website](#).

[Sign-up for the Division's newsletter](#).

Visit local agencies, disability rights organizations, and advocacy groups.

Talk to other people with lived experience.

Title: Where to learn more

Image: a person in a wheelchair clicking a "learn more" button on their tablet.

Talking Points:

You can visit the [Division's website](#). We have a webpage that has flyers and guidebooks for the Your Life, Your Rights program.

Another resource is the [Division newsletter](#). You can sign up for the newsletter online. The newsletter is sent by email every two weeks.

Visit local agencies, disability rights organizations, and advocacy groups.

Last, you can talk to other people with lived experience. We all have something we can learn from each other.

The End



Title: The End

Image: Hands holding a sign that says, "thank you!"