

Learn the Lingo – Social Story

Name: _____ Date: _____

My Rights, Choices, and Responsibilities

I am learning about some important ideas that help me understand my life and the world around me. These ideas include choice, support, rights, respect, responsibility, freedom, disclose, and self-advocacy.

Choice

I have the ability to make choices in my life. This means I can pick between two or more options. I feel empowered when I decide what to do, like choosing what to wear or what to eat for lunch. My choices help shape my day and my life.

Here is a choice that I made today:

Support

Sometimes, I need help from others. Support means being there for someone when they need it. If I feel overwhelmed, my friends, teachers, mentors, parents or support staff can help me by listening or providing guidance. I appreciate it when someone offers support because it makes me feel safe and helps me look at all my options.

This is something that I need support with right now:

Rights

I have rights that allow me to be heard and respected. Everyone has the right to speak up and share their thoughts. This is important because it helps me express what I feel and what I need. I am allowed to be myself, and that is an essential part of who I am.

A right that I have is:

Respect

Respect means treating others with kindness. I recognize that everyone has feelings and opinions that matter. When I show respect, I create a positive environment for myself and those around me. It's nice to value each other's differences and learn from one another.

I show respect by:

Responsibility

With my rights and choices comes responsibility. This means I have tasks that I need to take care of. For example, I am responsible for completing my homework or being on time for work. When I fulfill my responsibilities, I feel proud of myself.

One thing I am responsible for is:

Freedom

Freedom is the ability to act, speak, or think without restrictions. I enjoy having the freedom to express myself and make decisions. This freedom helps me grow and learn about who I am.

I have the freedom to:

Disclose

When I choose to share information about myself, I am disclosing. Sometimes, I may want to share things with my friends, teachers, or employers. It is important to know that I can choose what to disclose and when. I can also keep some things private if I want to.

Who is an appropriate or safe person I can disclose information to:

Self-Advocacy

Self-advocacy means speaking up for my needs. If I need help with something, I can ask for it. I can explain why I need assistance and who can best help me. When I advocate for myself, I feel more in control of my life.

Something I have advocated for is:

Laws That Protect My Rights

The Individuals with Disabilities Education Act (IDEA) and the Americans with Disabilities Act (ADA) are laws that protect my rights. IDEA ensures I have access to a good education that meets my needs. ADA protects me from unfair treatment because of my disability. These laws give me the freedom to learn, grow and reach milestones just like everyone else.

I am learning about all of these concepts to help me navigate my life and advocate for myself. Understanding my rights, choices, and responsibilities helps me feel confident and empowered every day. Without these laws, I may not have been given the same opportunities or accommodations to be successful.

Something I can do if I think my rights have been violated or ignored: