

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 and Intimate Relationships**
- Express Grievances and Object to Services



This Issue

- The Right to Have Family, Friends and Intimate Relationships **P.1**
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You Have the Right to Have Family, Friends and Intimate Relationships

IT'S IMPORTANT FOR PEOPLE WITH DISABILITIES TO HAVE THE RIGHT TO HAVE FAMILY FRIENDS AND INTIMATE RELATIONSHIPS BECAUSE THESE CONNECTIONS ARE FUNDAMENTAL TO THEIR HUMAN DIGNITY AND WELL-BEING. ADDITIONALLY, THIS IS A BASIC HUMAN RIGHT FOR ALL PEOPLE.

REGARDLESS OF WHETHER SOMEONE IS DISABLED OR NOT, PEOPLE IN GENERAL DESERVE EMOTIONAL SUPPORT, A SENSE OF CONNECTION AND COMPANIONSHIP.

HAVING RELATIONSHIPS, BE IT WITH FAMILY, FRIENDS, OR ROMANTIC ONES, HELP REDUCE THE FEELING OF ISOLATION AND CAN IMPROVE EMOTIONAL WELL BEING.

FURTHERMORE, FORMING RELATIONSHIPS PROMOTES SELF-DIRECTION AND AUTONOMY WHICH ARE AT THE CORE OF PERSON CENTEREDNESS.



Did You Know?



OPWDD Regulations 14 CRR-NY 633.4 includes, "No person shall be denied:

- (xi) access to clinically sound instructions on the topic of sexuality and family planning services and information about the existence of these services, including access to medication or devices to regulate conception, when clinically indicated. This right includes:
 - (a) freedom to express sexuality as limited by one's consensual ability to do so, provided such expressions do not infringe on the rights of others;
 - (b) the right to make decisions regarding conception and pregnancy



Healthy Relationships

ENCOURAGEMENT
COMFORTABLE
KINDNESS
CONSENT
HONEST
EQUAL

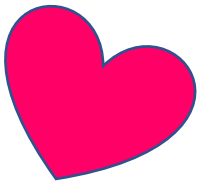
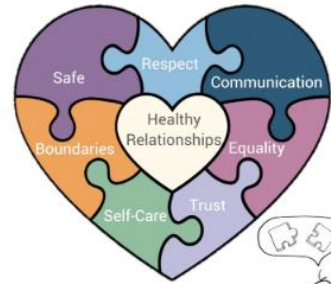
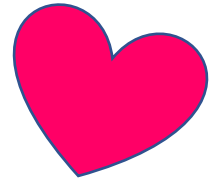
COMMUNICATION
FRIENDSHIP
SUPPORT
RESPECT
LISTEN
TRUST

INDEPENDENCE
BOUNDARIES
FREEDOM
VALUES
HAPPY
SAFE

L D U D P P B Y Y M G G A O T V S N T M T J P A
 I A O N D D F A A S Z P L J A T B B Q R N F H V
 P U K Y Q R E S P E C T V L B S J K B N U H A T
 B X Y C Z S N U A M T X U C Z E Z B Z H B S S N
 R S V J Y N E V P P T E M K G N G O F C A P T E
 B R Y F H F Y F X Q S R D U W O E E Y F G P D M
 E O E F F K G A C J L V O N U H J P V G Q W Y E
 O T U L W A F W P T V W V P I A C H E Y L L W G
 C M M N B N Q H R V N I W A P C L C C A F Z O A
 B P Y I D A S K I N D N E S S U N Y O T H K J R
 L I D J K A T F E H D P C R M E S O M A C V T U
 Z A G F Z K R R S H W X G N D B M N M N Y B I O
 T H E L P L H I O D K D C N F F F F U R T I O C
 Z A D X I F Y N E F T O E N V U R M N T S U N N
 I R X S E F A S K S M P N F L F C G I R L R X E
 I X T Y G A A M A F E O S K R R Y U C V E O P I
 K E Z S U A O X O D G R C D W I D I A F Q L Q S
 N D V Y M Y N X N P C R M S A E A N T N U Q C P
 S P N B Q P T I F Q O I O E C N P O I X A U N O
 Q H C G T P C P O I N V D W W D R C O M L S Y U
 M B T P U A P A R D S K E E K S G D N H F N P O
 Z C E O E H X B B A E K E P J H H W S F U Y F R
 V S W F J X E I O X N A R J D I H X X M H J Q A
 X U G D L L V T S J T N F X Z P Y J Z Z E R L X

Relationship Resource Information

- **New York State- Teen Dating Abuse Awareness and Prevention:**
<https://www.ny.gov/teen-dating-violence-awareness-and-prevention/what-does-healthy-relationship-look>
- **Cleveland Clinic- 12 Signs You're in a Healthy Relationship:**
<https://health.clevelandclinic.org/signs-of-a-healthy-relationship>



Characteristics of Healthy Relationships

- Respect for privacy and space. You don't have to be with your partner 24/7.
- Your partner encourages you to spend time with friends without them, and to participate in activities that you enjoy.
- You feel comfortable expressing your opinions and concerns to your partner.
- You feel physically safe and your partner doesn't force you to have sex or to do things that make you feel uncomfortable.
- Your partner respects your wishes and feelings and you can compromise and negotiate when there are disagreements or conflicts.

