

The matrix: Intersecting principles and rights themes

General statement of the principle									
	Survival and Development	Non-Discrimination Equality of Opportunity and Reasonable Accommodation Discrimination	Best Interests	Respect, Personhood and Evolving Capacity, Independence	Participate, be informed and influence decision making	Inclusion in community and society	Personal Assistance and support	Adequacy, Availability Accessibility	Training
A	<ul style="list-style-type: none"> - You have the right to life, survival and development. 	<ul style="list-style-type: none"> - You have the right to be treated fairly. 	<ul style="list-style-type: none"> - All actions should be taken by thinking about what is best for your wellbeing and by taking account of your wishes. - To feel safe, not distressed and understood. 	<ul style="list-style-type: none"> - You have the right to be treated with respect and dignity. - You have the right to be encouraged to develop independence. - To have praise and encouragement. - To have privacy and your own space. 	<ul style="list-style-type: none"> - You have the right to have a say in decisions that affect you and for your opinions to be taken seriously. - Your preferences should be treated seriously. - To enjoy yourself, be happy and express emotions (even if this is quite noisy.) 	<ul style="list-style-type: none"> - You have the right to a full and decent life in conditions that ensure dignity, promote self-reliance and facilitate active participation in the community. 	<ul style="list-style-type: none"> - You have the right to access resources to support specific needs. 	<ul style="list-style-type: none"> - You have the right to be communicated with in appropriate different ways. 	
Care and Assistance for Disabled Children									
B	<ul style="list-style-type: none"> - You have the right to life. - You have the right to express your identity. 	<ul style="list-style-type: none"> - You should not be treated unfairly because of your disability. - You have the right to reasonable changes, to make sure you can enjoy your rights. 	<ul style="list-style-type: none"> - All services for disabled children should be in line with standards of safety and protection, and this should be put before all other considerations, including when deciding on budgets. 	<ul style="list-style-type: none"> - You have the right to be supported to achieve your full potential. - Support to achieve you potential should be given whenever opportunities arise, rather than seeing potential as a distant future concept. - To direct as much of life as possible, even if this is only at a very basic level. 	<ul style="list-style-type: none"> - You have a right to information, provided in ways and at a speed that you can understand to help make decisions about things that affect you. - You have the right to support so that you can communicate what you want. 	<ul style="list-style-type: none"> - You should be included in your community and wider society. 	<ul style="list-style-type: none"> - You have the right to the support that you need to develop. - Support should be from people that you know and can develop a relationship with. 	<ul style="list-style-type: none"> - The care and assistance you need should be free, as far as possible. - You should be able to access services, like education and health. - You should be able to participate in activities alongside children who are not disabled. - To have people supporting you who are able to communicate with you effectively. 	<ul style="list-style-type: none"> - People should be trained to understand the rights and needs of disabled children. - You have the right to information so that you can understand your disability.
Basic things you need for living									
C									
	Food	<ul style="list-style-type: none"> - You have the right to food and water. 	<ul style="list-style-type: none"> - You have the right to food suited to your culture and needs including dietary requirements. 	<ul style="list-style-type: none"> - Your food and water should be safe. 	<ul style="list-style-type: none"> - You have the right to food in your own right, independent of your family. 	<ul style="list-style-type: none"> - You have the right to help choose (express preferences about) what food you eat. 	<ul style="list-style-type: none"> - Be able to go out and eat with friends in your community. 	<ul style="list-style-type: none"> - If needed, you should be given help with eating or learning to eat. 	<ul style="list-style-type: none"> - You have the right to enough food. - You have the right to good food that will help you grow and develop. - Suitable food should be easy to get hold of when you need it.
	Clothes	<ul style="list-style-type: none"> - You have the right to clothes. 	<ul style="list-style-type: none"> - You have the right to clothes that suit your culture, religion and needs. 	<ul style="list-style-type: none"> - To have clothes that will protect your privacy. 	<ul style="list-style-type: none"> - To have clothes that help you express your identity. 	<ul style="list-style-type: none"> - To help choose what clothes you wear. 	<ul style="list-style-type: none"> - To go shopping for your own clothes. 	<ul style="list-style-type: none"> - If needed, you should be given help with dressing or learning to dress. 	<ul style="list-style-type: none"> - You have the right to enough clothes. - You have the right to clothes that will keep you warm and dry. - To get new clothes when you need them.
	Housing	<ul style="list-style-type: none"> - You have the right to somewhere to live. 	<ul style="list-style-type: none"> - You have the right to somewhere to live that suits your culture and needs. 	<ul style="list-style-type: none"> - You have the right to privacy and safety where ever you live. - Where you live should be decided by thinking about what is best for you. 	<ul style="list-style-type: none"> - You have the right to somewhere to live that respects your dignity. - You have the right to support so that you can grow to live independently. 	<ul style="list-style-type: none"> - You have the right to help make decisions about where you live. 	<ul style="list-style-type: none"> - You have the right to live in the community near the people and places you know. 	<ul style="list-style-type: none"> - You have the right to the support you need to live in the community in a place where you are not isolated, near to the people and places you know, and the services you need. 	<ul style="list-style-type: none"> - You have the right to live somewhere which has heating, lighting and keeps you protected from the damp. - You have the right to live somewhere that is easily accessible for you and your family and which appropriately accommodates your needs. - You have the right to somewhere big enough to live in.
Money, benefits and social support									
D	<ul style="list-style-type: none"> - Governments have a duty to make sure you and your parents/carers have the money, benefits and social support needed to help meet all your rights and needs. 	<ul style="list-style-type: none"> - You have the right to benefits or social support, to reduce your chance of living in poverty. 	<ul style="list-style-type: none"> - Your parents/carers have the right to enough money, benefits and social support to keep you safe. - What money, benefits and social support your parents/ carers get should be decided by thinking about what is best for you. 	<ul style="list-style-type: none"> - You have the right to more control over money as you become more capable and experienced. 	<ul style="list-style-type: none"> - You have the right to have a say about changes in how benefits and social support is provided. 	<ul style="list-style-type: none"> - Your family should get the money or help they need to give you support so you can live a dignified, self-reliant life and be fully included in your family and community. 	<ul style="list-style-type: none"> - You and your parents/carers should get extra support or help, to make sure you get any extra things you need because of your disability. 	<ul style="list-style-type: none"> - Your parents have the right to enough money, benefits and social support. - Governments have a duty to make sure your parents/ carers have the money, benefits and social support needed to spend time caring for you (if needed), or to pay for others to care for you while they go to work. - Your parents should get money (benefits) on time. This money should not be stopped without good reason. 	<ul style="list-style-type: none"> - Social workers, youth workers, support workers and benefit workers should be trained to understand your needs and respect your rights.
Family Life and alternative care									
E	<ul style="list-style-type: none"> - You have the right to live with your family. 	<ul style="list-style-type: none"> - You should not be made to live apart from your family because of your impairment. 	<ul style="list-style-type: none"> - If you are not safe at home, you have the right to live somewhere else where you can be properly looked after. - Where you live should be decided by thinking about what is best for you. 	<ul style="list-style-type: none"> - Staff who support you should respect who you are as an individual and encourage you to do things for yourself (your competence and independence). - If you are away from home overnight, staff should pay you attention and actively engage when working with you. 	<ul style="list-style-type: none"> - Parents and guardians should listen to your opinions and should encourage you to have your ideas taken seriously by everyone in society. - You have the right to help make decisions in your family about this. - If you live away from home, or spend time away from home, you should help decide about this. 	<ul style="list-style-type: none"> - For you and your family to be part of the community and not trapped at home by difficulties or made to live apart in order to access support. 	<ul style="list-style-type: none"> - You have the right to extra support - from people that you know and can get to know and services - so that you can live at home. 	<ul style="list-style-type: none"> - You have the right to be cared for and treated kindly by your family. - You have the right to travel to see your family, if you do not live with them. - Support you need to live with your family should be provided at home, in community and as short breaks (where you and your family can have a rest from your each other and do things with other people). 	<ul style="list-style-type: none"> - Your family have the right to information and training for family, so that they understand your disability. - Short-break workers should be properly trained.
Education									
F	<ul style="list-style-type: none"> - You have the right to receive help with education to help you reach your full potential. 	<ul style="list-style-type: none"> - You have the right to support with school, and to reasonable changes in the way school is organised to suit how you learn. - You have the right learning that suits your religion and family traditions. 	<ul style="list-style-type: none"> - Schools should help protect you from bullying. 	<ul style="list-style-type: none"> - Your education should respect you and encourage your independence. - You have the right to education that suits you as an individual. - You have the right to be treated with respect at school. 	<ul style="list-style-type: none"> - You have the right to input into decisions about what learning you do. - Your ideas should be taken into account when deciding what your school teaches and about education policy more generally. 	<ul style="list-style-type: none"> - All schools and colleges should be accessible. - Education should be inclusive. 	<ul style="list-style-type: none"> - You have the right to personal support from people like Teaching Assistants so that you can learn in ways that suit you. 	<ul style="list-style-type: none"> - You have the right to education that helps you learn and suits your interests. - You have the right to enough opportunities to learn about the different things that interest you. - You have the right to training to help you get the kind of work you want. 	<ul style="list-style-type: none"> - Teachers should be trained to understand disabilities and make sure you achieve your potential.
Work									
G	<ul style="list-style-type: none"> - You have the right to work, when you are old enough. This work must not be harmful. 	<ul style="list-style-type: none"> - You have the right to not be discriminated against when looking for work, when seeking promotion or when trying to keep your job. - Any reasonable changes you need at work should be made. 	<ul style="list-style-type: none"> - You have the right to be safe when you are working. - You should be protected from work when you are too young. 	<ul style="list-style-type: none"> - To try to follow a career path that interests you. 	<ul style="list-style-type: none"> - You have the right to help make decisions about what work you do. 		<ul style="list-style-type: none"> - You should get personal support to find and keep a job. 	<ul style="list-style-type: none"> - You have the right to be paid for the work that you do. 	<ul style="list-style-type: none"> - You have the right to training to help you get the kind of work you want.
Play, Association, Sport, Leisure and Cultural Activities									
H									
	Play	<ul style="list-style-type: none"> - You have the right to play. 	<ul style="list-style-type: none"> - You have the right to equal opportunities to play. - Any reasonable changes you need so that you can play should be made. 	<ul style="list-style-type: none"> - You have the right to be safe when you play. 	<ul style="list-style-type: none"> - The play you take part in should be suited to your abilities and interest. 	<ul style="list-style-type: none"> - You have the right to help make decisions about what and how you play. - Your ideas should be taken into account when deciding what play opportunities are made available to you. 	<ul style="list-style-type: none"> - You have the right to be involved in play activities in your community. 	<ul style="list-style-type: none"> - To have staff who understand the value of play and encourage you to use the equipment that is available. - To have resources specific to your needs (e.g. sensory lights) so that you can play. 	<ul style="list-style-type: none"> - You have the right to take part in art and creative activities. - To play in ways that you like. - To play with imaginative adults to be available to engage you in play activities.
	Association	<ul style="list-style-type: none"> - You have the right to have friends and meet with other children and young people. 	<ul style="list-style-type: none"> - You have the right to equal opportunities to take part in activities with other people. 	<ul style="list-style-type: none"> - You have the right to be safe when you meet with other people. 	<ul style="list-style-type: none"> - The way you take part in activities with other people should be suit your abilities and interest. 	<ul style="list-style-type: none"> - To make decisions about who you meet up with. - To have information to enable you to make informed decisions about what to take part in. 	<ul style="list-style-type: none"> - To meet with other people in your local area. - To be with people and part of things, as far as possible, so you are not isolated. 	<ul style="list-style-type: none"> - To have personal support to meet with other children and young people. 	<ul style="list-style-type: none"> - You have the right to take part in activities at school and after school. - To meet with other people in ways that you enjoy. - To choose to not join in. - To have a play and leisure environment that is appropriate to your age.
	Community/culture	<ul style="list-style-type: none"> - You have the right to take part in activities in your community. 	<ul style="list-style-type: none"> - You have the right to equal opportunities to go to places in your community and to reasonable changes. 	<ul style="list-style-type: none"> - You have the right to be safe when you take part in activities in your community. 	<ul style="list-style-type: none"> - The way you take part in activities in your community that you enjoy, should suit your abilities and interests. 	<ul style="list-style-type: none"> - You have the right to help make decisions about what activities you take part in. 	<ul style="list-style-type: none"> - To leave your immediate community area and go on holiday. 	<ul style="list-style-type: none"> - You have the right to personal support to take part in leisure activities. 	<ul style="list-style-type: none"> - Places you visit should be made easy for everyone to use, whatever your disability. - You have the right to take part in sports with disabled children and with non-disabled children. - To have quiet time. - To take part in enough activities in your community.
	Sport	<ul style="list-style-type: none"> - You have the right to take part in sport. 	<ul style="list-style-type: none"> - You have the right to equal opportunities and to take part in sporting activities and to reasonable changes. 	<ul style="list-style-type: none"> - You have the right to be safe when you do sport. 	<ul style="list-style-type: none"> - The way you take part in sport should be suited to your ability and interest. 	<ul style="list-style-type: none"> - You have the right to help choose what sports you do. 		<ul style="list-style-type: none"> - To take part in sports that you enjoy. 	<ul style="list-style-type: none"> - Youth workers/play workers should be trained to understand your needs and respect your rights.
Health									
I	<ul style="list-style-type: none"> - You have the right to support and care to help you be as healthy as possible. 	<ul style="list-style-type: none"> - You have the right to health care to suit your needs and your culture and to reasonable changes. 	<ul style="list-style-type: none"> - What health care you have should be decided by thinking about what is best for you and asking your opinion. - People who give you health care should be friendly and help you feel safe. 	<ul style="list-style-type: none"> - You have the right to be respected by medical professionals - people like doctors, nurses and dentists. 	<ul style="list-style-type: none"> - You have the right to help make decisions about your health care and about health services. - You have the right to information about health care and services. 	<ul style="list-style-type: none"> - Health Services should be near the people and places you know. 	<ul style="list-style-type: none"> - Your individual needs should be identified quickly and the personal support, aids and services you need, should be free of charge (as far as possible). 	<ul style="list-style-type: none"> - You have the right to the best possible health care. - Support and care should be accessible (simple to get and free of cost where possible). - Teenagers should have information about relationship and sexual relationships. 	<ul style="list-style-type: none"> - Health workers should be trained to understand your needs and respect your rights.
Mobility									
J	<ul style="list-style-type: none"> - You have the right to support to get around. 	<ul style="list-style-type: none"> - Transport providers have a duty to make any reasonable changes you need, such as giving you help getting on and off trains. 	<ul style="list-style-type: none"> - You have the right to get around safely, including on the street and when using public transport. 	<ul style="list-style-type: none"> - You have the right to support that enables you to move around as freely as possible. - You should not be forcibly moved without reason. 	<ul style="list-style-type: none"> - You have the right to make choices about your personal mobility. 		<ul style="list-style-type: none"> - You have the right to personal support, specialist services appropriate vehicles and other supports to enable your mobility. 	<ul style="list-style-type: none"> - You have the right to free public transport, whenever this is possible. - Public Transport should be easy to use. - You have the right to affordable aids and support with mobility. - The environment should be accessible to you. 	<ul style="list-style-type: none"> - You have the right to training and advice to support your mobility from specialist staff.