



My Rights in Therapy and Behaviour Support - Easy English Impactful Solutions

MY RIGHTS IN THERAPY

When I come to Impactful Solutions, I have rights.
These rights help keep me safe.

I HAVE THE RIGHT TO:



- Feel safe



- Feel calm



- Be respected



- Ask for help



- Say “no”



- Use my own way of communicating



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- listened to



- Tell someone if I feel worried



- adults who help keep me safe



- Not get in trouble for speaking up

IF I FEEL UNSAFE OR WORRIED:

I can tell:



- My therapist
- My parent or carer
- A teacher
- A support worker
- Another safe adult

Adults will listen. Adults will help. I will not be in trouble.

YOUR VOICE MATTERS