Proud and Supported: Rights and Respect

Part 2: What are my rights?
Words to Know in Part 2
Birth control

Medication that makes it so you can’t get pregnant as long as you keep taking it.

Consent

When a person says they want to do something. One way to consent is to tell someone you want to do something. Another way is to say “okay” when someone asks if you want to do something.
**Conversion therapy**

When someone sends you to a doctor or therapist to try and change your gender or sexuality.

**Discrimination**

When someone treats you badly based on who you are.

**Gender marker**

A letter on your identification that tells people if you are male, female, or something else.
Identification

Things that say who you are, like a driver’s license, passport, or Medicaid card.

Non-binary gender marker

A letter on your identification, like X or N, that tells people you are non-binary.

Privacy

The idea that you get to decide who gets to know things about your personal life, like your gender, sexuality, or relationships.
Pronouns

Words like *he* and *she*. We use pronouns to talk about a person without using their name.
What are my rights?

You have rights because you are human.

You don’t have to earn your rights.

Other people should respect your rights.

Some rights are legal rights.

That means there are laws saying you have those rights.
Other rights don’t have laws.

We will talk about both kinds of rights in this guide.

There are many different rights you have as an LGBTQ+ person with a disability.

Everyone has these rights.

But these rights are extra important when you are an LGBTQ+ person with a disability.
You have the right to be treated with respect.

You have the right to be treated with respect at work and school.

You have the right to be treated with respect by your support staff.

Sometimes, people don’t treat you fairly.

When this happens, it can be discrimination.
**Discrimination** is when someone treats you badly based on who you are.

Discrimination is wrong.

You have the right to not have to deal with discrimination.
You have the right to be safe.

You have the right to be safe from other people hurting you.

You have this right no matter your gender or sexuality.
You have the right to decide who you are.

You have the right to pick what name you go by.

You have the right to decide what words you want people to call you, like whether you want someone to call you a woman or a man.

You have the right to decide your own gender.
You have the right to decide your own sexuality.

You have the right to change your mind about your gender or sexuality.

Nobody should try to tell you who you are.

Nobody should try to change your gender or sexuality.
You have the right to try different things.

You have the right to try out different names.

You have the right to try different words you want people to call you.
People might try to change your gender or sexuality.

They might send you to a doctor or therapist to try to change your gender or sexuality.

This is called conversion therapy.

Conversion therapy is wrong.
Conversion therapy does not work.

You have the right to not have to do conversion therapy.
You have the right to be in charge of your own body.

You have the right to decide who touches you.

You have the right to decide how you want to be touched.

You have the right to tell someone to stop touching you.
You have the right to have people talk about you with respect.

This can be talking about:

• Your gender

• Your sexuality

• Your body
You have the right to learn about genders and sexualities.

You have the right to learn about safer sex and relationships.

You have the right to ask questions.

You have the right to get help with answering your questions if you need help.

You have the right to have this information given to you in a way you can understand.
You have the right to say “no” to something you don’t want.

You have the right to say “yes” to something you do want.

You have the right to privacy. **Privacy** means you decide who gets to know about your gender, sexuality, relationships, and anything else in your life.

You have the right to make choices about relationships, sex, sexuality, and gender.
You have the right to tell other people about your gender and sexuality if you want to.

You have the right to not tell other people about your gender and sexuality if you don’t want to.

You have the right to decide when you tell other people about your gender or sexuality.
You have the right to decide who you tell about your gender or sexuality.

You have the right to decide how you tell other people about your gender or sexuality.
You have the right to wear the clothes you want to.

You have the right to wear the accessories, like shoes or makeup, that you want to.

You have the right to style your hair like you want to.

You have the right to look any way you want.
You have the right to look like any gender you want.

You have the right to be taught how to do things like put on makeup or style your hair.
You have the right to have relationships with other consenting adults.

**Consent** is when a person says they want to do something.

One way to consent is to tell someone you want to do something.

Another way is to say “okay” when someone asks if you want to do something.
But if you say no or that you don’t want to do something, you don’t give consent.

If someone makes you do something even though you don’t want to, you don’t consent.
For example:

Jacob and Andy are in a relationship.

Jacob asks, “Andy, do you want to kiss me?”

Andy says, “Yes, I want to kiss you.”

Andy consents to giving Jacob a kiss.
Here is another example:

Lisa and Gina are also in a relationship.

Lisa asks, “Gina, do you want to have sex tonight?”

Gina says, “No, I don’t want to have sex tonight.”

Lisa says, “Okay, we don’t have to.”
Gina does not give consent to having sex with Lisa.

Lisa respects that Gina does not consent.
You have the right to have sex with other consenting adults.

You have the right to have safe sex.

You have the right to get safer sex supplies, like condoms and lubricant.

You have the right to get birth control. **Birth control** is medication that makes it so you can’t get pregnant as long as you keep taking it.
You have the right to have sex that makes you and your partner or partners feel good.

You have the right to get married.

You have the right to have children.

You have the right to start a family.
You have the right to be who you are around other people.

You have the right to get health care related to sex, gender, and sexuality.
This can be healthcare like:

- Sexual health care, like getting tested for sexually transmitted infections (germs you can get from having sex with other people)

- Transition-related health care if you are transgender or non-binary. This could be like taking hormones or having surgery to make your body look more like you want it to look.

- Health care to make sure your sexual parts are healthy.
You have the right to make your own decisions about your health care.

You have the right to say who can make health care decisions for you if you can’t make decisions, like if you are unconscious.
You have the right to change your name and gender marker on your identification.

**Identification** is things like a driver’s license, passport, or Medicaid card.

A **gender marker** is a letter on your identification that tells people if you are male, female, or something else.

Some states let you have a non-binary gender marker on your identification.
A **non-binary gender marker** is a letter on your identification, like X or N, that tells people you are non-binary.

Other states do not let you have a non-binary gender marker on your identification.
You have the right to have other people use the name and pronouns you want them to use for you.

**Pronouns** are words like *he* and *she*. We use pronouns to talk about a person without using their name.

You have the right to tell other people the name and pronouns you want them to use for you.

You have the right to ask them to use a different name than the one on your identification.
For example:

Andy's full name is Andrew.

The name on his identification, like his driver’s license, is Andrew.

But Andy doesn’t like the name Andrew.

He wants to be called Andy.
Andy asks his support worker to call him Andy, not Andrew.

Andy’s support worker says “okay!”

Andy’s support worker respects the name Andy wants to go by.
You have the right to use different pronouns than the ones people might think you want.

Someone else might think you want to use certain pronouns because of the gender marker on your identification.

But you can always correct them.

Other people should be respectful if you correct them about your name or pronouns.
For example:

Giselle uses they and them pronouns.

Giselle’s identification says Giselle is female. So a lot of people call Giselle she and her.

Giselle doesn’t like this.

Giselle tells their support worker “I want you to call me they and them.”
Giselle’s support worker says “okay!”

Giselle’s support worker respects Giselle’s pronouns.
You have the right to tell someone if a person is not respecting your rights.

There are other rights you might have.

It depends on which state you live in.

To find out more about your rights, you can go to [https://www.lgbtmap.org/](https://www.lgbtmap.org/).

That is a website that tells you about different rights you might have.
The website isn’t written in plain language. It can be hard to understand sometimes.

You might want to find someone you trust to help you read the website.

They can help you learn more about your rights.
This project was supported, in part by grant number C00018GG, from the U.S. Administration for Community Living, the Department of Health and Human Services, Washington, D.C. 20201 through the New York State Developmental Disabilities Planning Council (NYS DDPC). Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy or the opinions, interpretation or policy of the NYS DDPC.