Easy Read Edition

Proud and Supported: Rights and Respect

Words to Know
Words to Know in this Toolkit
Birth control

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

Complaint

When you tell someone else at the support person’s agency that the support person has done something wrong.
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.
Culture

The way people live their lives. Culture is also the things people believe, and the history a group of people has. Culture can also include things like the language or languages you speak, the foods you eat, the religion you practice, and the things you do for fun.

Dignity of risk

The idea that you have the right to take risks, even if those risks might end badly.
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.

Hotline

A phone number that you can call or text to get help.
Identification

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

Lawsuit

When you take another person to court. You tell the court how the person hurt you. Then you ask the court to tell the other person what to do.
Mandated reporter

People, like doctors or therapists, who have to tell the police or Adult Protective Services if they think you are being hurt.

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.

Protection and Advocacy organizations (P&As)

Legal groups that help advocate for the rights of people with disabilities. There is a P&A in every U.S. state, territory, and in Washington, D.C..
Rainbow Support Group

A group for LGBTQ+ people with intellectual or developmental disabilities.

Supported decision-making

A way to make decisions. A person with a disability chooses someone to help them understand or communicate a decision. That person is called their supporter. The person with a disability can still make their own decision. But they have help from their supporter.
Supreme Court

The highest court in the United States. They have the final say on laws in the United States.
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