

Your Human Rights

Easy Read Handbook summary

Published August 2026



About Human Rights



Human Rights are about how we treat each other.



Human Rights are about being treated in a good and fair way.



Every person has the same rights.



People with disability have the same rights as everyone else.

Examples of Human Rights



You have the right to be treated fairly and with respect.



You have the right to live where you want and with who you want.



You have the right to choose relationships and to be loved.



You have the right to be safe.



You have the right not to be hit, hurt or treated badly.



You have the right to a healthy life and good health care.



You have the right to be part of the community.



You have the right to work and learn new things.



You have the right to information and help to communicate.



You have the right to privacy and security.



You have the right to complain.



You have the right to dreams and goals.



You have the right to be make choices and have a say in all decisions about your life.

Laws to Protect Human Rights



There are laws to protect human rights.



Laws are the rules that everyone in the country must follow.



If someone breaks the law you can take them to court.

World Agreements



There are world agreements about human rights.

The world agreements are:

- The United Nations Universal Declaration of Human Rights.
- The United Nations Convention on the Rights of Persons with Disability.
- The United Nations Convention on the Rights of the Child.
- The United Nations Declaration on the Rights of Indigenous Peoples.

How Sylvanvale Supports Human Rights



We support the human rights of all people.



We support you to know your rights.



We support you to speak up for your rights.

Further Information



If you have any questions contact our Service Planning team.

- Call 1300 244 577
- Email customers@sylvanvale.com.au