

# Kids have rights, too!



**Disability Rights North Carolina protects your rights.**

**You can reach us at this number:**

**1-877-235-4210 (toll free)**

**You have the right to be free from harm.**

**You have the right to be free from abuse.**

**You have the right to be free from unnecessary restraint and seclusion.**

## **You have the right to:**

- **Communicate with your parent or guardian**
- **Contact and consult with a client advocate or attorney**
- **Receive treatment and services**

***Some of your rights can be restricted.  
When your rights are restricted, your  
parent or guardian must be notified.***

## **You have the right to:**

- **Have privacy**
- **Use the telephone**
- **Send and receive mail**
- **Eat healthy food**
- **Have visitors**
- **Receive an education**
- **Have and spend a reasonable amount of money**
- **Go outdoors**
- **Have your own storage space**
- **Have your own clothes and have your own belongings**
- **Participate in worship**

If someone is trying to take away your rights or if you have questions about your rights, we can help. It is our job to help you know your rights and to protect them.

**Call us toll free at: 1-877-235-4210**

**TTY: 1-888-268-5535**

Disability Rights North Carolina is a federally mandated protection and advocacy system with funding from the U.S. Department of Health and Human Services, the U.S. Department of Education, and the Social Security Administration. Disability Rights North Carolina is a 501(c)(3) nonprofit organization.

**DISABILITY RIGHTS**  
NORTH CAROLINA

*Champions for Equality and Justice*

