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psychology/exploring-learning-disabilities-supporting-
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Your human rights

The British Institute of Human Rights
<https://www.bih.org.uk>

Your human rights

Written down and protected in law by the Human Rights Act

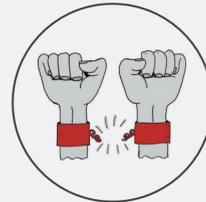
The Human Rights Act is a law which protects your rights in the UK. It contains a list of 16 rights. The rights are called 'Articles'. All of your human rights are really important. But, here are the 5 most important human rights to do with your health and care:



Right to life

This includes protecting your life when its at risk from yourself or other people

(Article 2)



Right to liberty

This is about not having unfair limits on being able to move about

(Article 5)



Right not to be tortured or treated in an inhuman or degrading way

This is about you being safe and not being hurt or neglected by other people

(Article 3)



Right to respect for private and family life, home and correspondence

This includes you being in charge of your own life and being asked about decisions to do with your care

(Article 8)



Right not to be discriminated against

This means when you are using the Human Rights Act you should be treated the same as everyone else

(Article 14)

Here are the other 11 rights you have in the Human Rights Act:

Right to freedom of thought, conscience and religion

(Article 9)

Right to peaceful enjoyment of possessions

(Article 1, Protocol 1)

Right to a fair trial

(Article 6)

Right to marry and have a family

(Article 12)

Right to education

(Article 2, protocol 1)

Right to be free from slavery or forced labour

(Article 4)

Right to vote in elections

(Article 3, Protocol 1)

Right to freedom of expression

(Article 10)

Right to freedom of assembly and association

(Article 11)

Right not to be punished for a criminal offence which wasn't against the law when you did it

(Article 7)

No-one to get the death penalty

(Article 1, Protocol 13)

You can find out more about these rights in a booklet called 'Mental Health, Mental Capacity: My human rights'

This booklet also explains how your rights are protected, how people providing your health or care should be making sure your rights are respected and protected and where to get more help.

To get your free copy of the booklet visit our website at www.bih.org.uk/health or send an email to info@bihr.org.uk or phone us on 0207 882 5850.

