



The right to life

Article 2 of the Human Rights Act

What is our right to life about?



Staff in **public services** must not take away your life on purpose. The NHS, local authorities, schools and the police are examples of **public services**.



They must try to protect your life, especially if they know there is a big chance you could die.



They must try to find out what went wrong if they failed to protect someone's life.



Harry is 45 years old. He catches a virus, gets very ill and has to go to hospital.



The doctor asks Harry what staff should do if his heart stops.



Harry rings his brother who helps him decide.



Harry says he wants the doctors and nurses to try to keep him alive if his heart stops. The staff write this down in Harry's notes.



Harry's right to life is being looked after.



Gemma's mum died of breast cancer. The doctor said Gemma and her sister could also die from breast cancer.



The doctor said Gemma's sister can have an operation to remove her breasts.



The doctor will not give Gemma the same treatment, just because she has a learning disability. Gemma is sad.



Gemma's right to life is not being looked after.



**The right to be safe
from serious harm**

Article 3 of the Human Rights Act

What is our right to be safe from **serious harm** about?



Staff in **public services** must not treat you in a way that causes you **serious harm**.



Staff in **public services** must keep you safe and protect you from **serious harm**.



We are all different. What is **serious harm** for one person might be very different for another person.



Rae is autistic and she lives in a care home.



One day, Rae gets upset and starts banging her head. Staff are worried that Rae will hurt herself.



A carer holds Rae's head still. This upsets her a lot.



Rae's support workers talk to her to understand why she is upset. They make a plan to keep Rae safe from **serious harm**.



Rae's right to be safe from **serious harm** is being looked after.



Susan had a bad fall and was admitted to hospital.



Susan had her favourite doll with her.



One day, Susan did not want to do as hospital staff told her. Staff broke Susan's doll to punish her.



Susan was very upset. This has caused **serious harm** to her mental health.



Susan's right to be safe from **serious harm** is not being looked after.



The right to liberty

Article 5 of the Human Rights Act

What is our right to **liberty** about?



This right protects you against big controls on where you go or how you move your body.



Staff in **public services** can stop you from doing things sometimes, but they have to make sure their decision is:



- **Lawful**
- For a good reason
- The **least restrictive** option



Paul is staying in a mental health hospital. He asks staff why they think he needs to be in hospital.



Staff say their decision is **lawful** because of the Mental Health Act.



Staff say they have a good reason, to keep Paul safe.



Staff say this is the **least restrictive** option, but they will keep checking this.



They get Paul an advocate who helps him to speak up.



Paul's right to **liberty** is being looked after.



Jane has just moved into a flat where she gets help from support workers.



Jane loves live music. She has been to concerts on her own and with friends before, and she wants to go to again soon.



Jane's support workers say she is not allowed to go to a concert because there are no staff free to come with her at night and it is too dangerous.



Jane's right to **liberty** is not being looked after.



Human
Rights

Respect for private
and family life

Article 8 of the Human Rights Act

What is our right to respect for private and family life, home and contact about?



This right protects things like your **wellbeing**, keeping in touch with loved ones, and being involved in decisions about you.



Staff can make decisions about this right, but they have to make sure their decision is:



- **Lawful**
- For a good reason
- The **least restrictive** option





Sandeep lives in a care home in Warrington. His care is paid for by a Council 50 miles away.



The Council wants to save money by moving Sandeep back into the area.



Sandeep has lived in Warrington for years and he is happy there.



The Council decides not to move Sandeep when they realise his right to **well-being** and home are at risk.



Sandeep's right to respect for **wellbeing** and home is being looked after.



Caroline and Lee have been dating for a year and they are supported to meet up by their support workers.



Caroline and Lee want to spend time alone. They talk to their support workers about having more privacy.



The support worker says no because Lee has a heart condition. Caroline and Lee feel sad because they have no privacy.



Caroline and Lee's right to respect for private and family life is not being looked after.



The right to
be treated fairly

Article 14 of the Human Rights Act

What is our right to be treated fairly about?



This right protects you from being treated worse than others for any reason, like disability or race, or for more than one reason, like being a young, black, disabled woman.



Staff in **public services** can only treat you differently if this is to stop you from being treated worse.



This right must be joined onto another one of your rights, like your right to life or your right to **liberty**.



The police want to arrest a man called Jakub because they think he has committed a crime.



The police officers know that Jakub speaks Polish and he does not speak English very well.



They ask a Polish interpreter to explain to Jakub why he is being arrested, to tell him what his rights are, and to check if he has any questions.



Jakub's right to be treated fairly is being looked after.



Chris has been having stomach pains. He wants to see his GP about this.



Chris rings to book an appointment. The GP says the only way to get an appointment is to fill in a form online.



Chris can not use the internet, so he will not be able to fill in the online form or see his GP about his stomach pains.



Chris' right to respect for his **wellbeing** and his right to be treated fairly are not being looked after.

What are these postcards?



These postcards tell you about your human rights.



Human rights are rules that protect people. The law that protects our rights in the UK is called the Human Rights Act.

Warrington
Speak Up

HUMAN RIGHTS

These postcards were made by Warrington Speak Up and the British Institute of Human Rights.



You can find more information about human rights at www.bihr.org.uk.

What are these postcards?

These postcards tell you about 5 rights.



The right to life



The right to be safe from serious harm



The right to liberty



Respect for private and family life



The right to be treated fairly

What are these postcards?



The postcards explain what each right means and how it works.



There is one story about someone's rights being looked after.



There is one story about someone's rights not being looked after.



These stories could make you feel sad or angry.

What if I am worried about my rights?



You can talk to staff about what they decided. You can ask them to tell you how they are looking after your human rights.



You can tell staff if you think changes can be made to look after your rights better.



You can complain to a **public service**. You can ask friends, family or an advocate to help you.

What it means



If you read a word that is hard to understand and it is in the colour **red**, you can find out what it means here.



Lawful means something that is allowed to happen because of the law.



The **least restrictive** option means staff must make sure you have as much freedom as possible when they look after your rights.

What it means



Liberty is our freedom to move and go where we want.



Public services are organisations that look after people. They are usually paid for by the government.



Serious harm is when something makes us feel very scared, bad about ourselves, or causes us a lot of pain.



Wellbeing means physical and mental health.