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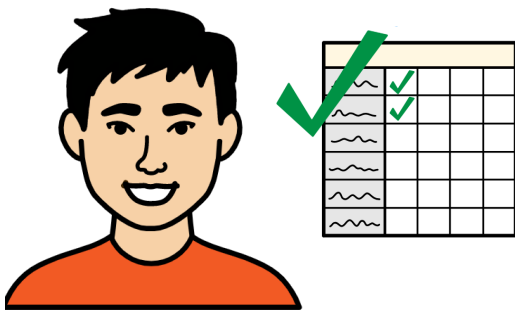
# Making sure that people with disabilities get their rights to make their own choices about their bodies and lives





## About this document

This document is about people with disabilities and their rights.



Rights are things that everyone has.

For example, everyone has the right to be safe and treated fairly.



We are called the **United Nations Population Fund (UNFPA)**.

We are working to make sure that people with disabilities get their rights to:

- Be safe and be treated fairly.
- Make their own choices about their bodies and lives.

For example, they should choose for themselves if they want sex, children or medical care.





People with disabilities should get all the information and support they need to make their own choices.

That includes women and girls with disabilities.



No one should force people with disabilities to do things or make choices for them.

But that is often happening.



This document is about some problems that stop people with disabilities getting their rights and what should be done to change that.

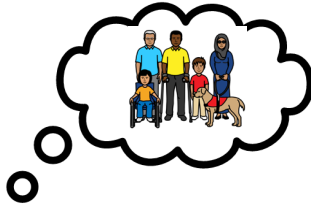
The rights in this document come from another document about the rights of all people with disabilities in the world.

It is called the **United Nations Convention on the Rights of Persons with Disabilities**.

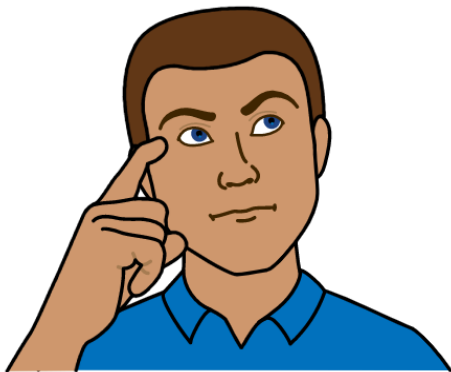
Many countries have promised to do what it says.



# Some problems that stop people with disabilities from getting their rights



People often have unfair ideas about people with disabilities.



For example, they might think that people with disabilities cannot make their own choices.

Or they might think that people with disabilities should not have sex or children.



These ideas can stop many people with disabilities from getting their rights.



For example:

Laws in many countries say that other people can make choices for people with disabilities.



People might stop women with disabilities from having children without asking them first.

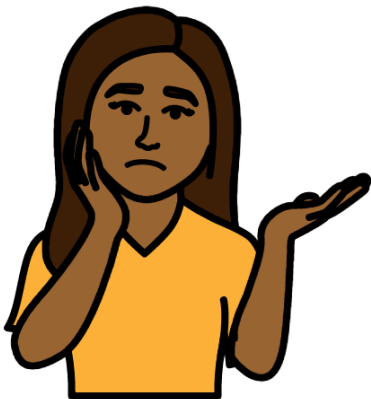
For example, they might force women with disabilities to have medical treatment to stop them having children.



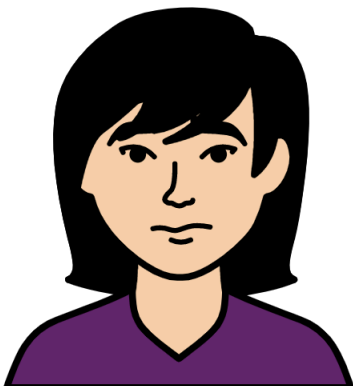
Violence often happens more to women and young people with disabilities.

For example, people might hurt women and young people with disabilities.

Or they might stop them getting medicine, wheelchairs or other things they need.

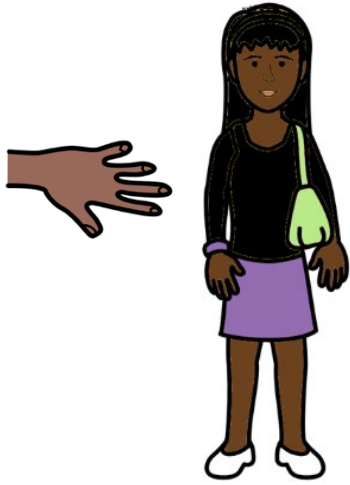


But many people with disabilities do not get the right support when someone is violent to them.



The violence we talk about in this document is called **gender-based violence**.

It can happen to anyone. But it usually happens to women and girls.



For example, people might force women and girls with disabilities to have sex or do sexual things.

This can mean that women and girls might get pregnant when they do not want to.

Or they might get a disease from having sex.



But many women and girls with disabilities do not get the information they need about safe sex and relationships.



These problems can be worse when there are big problems in the country like war, floods or not enough food.

For example, people might be more violent to women and girls at these times.

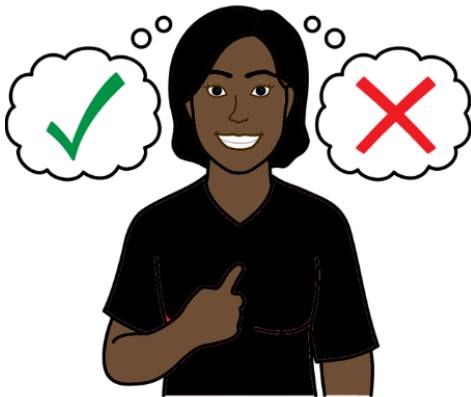


People with disabilities often need more support when there are big problems in the country.

But they are often left out.

# What should happen to make sure that people with disabilities get their rights

**Making sure that people with disabilities get the right information and support to make their own choices**



Countries and organisations should:

Make sure that people with disabilities can say yes or no to things that happen to them.

For example:

- Medical treatment.
- Choosing what to do about their bodies, sex, relationships and having children.

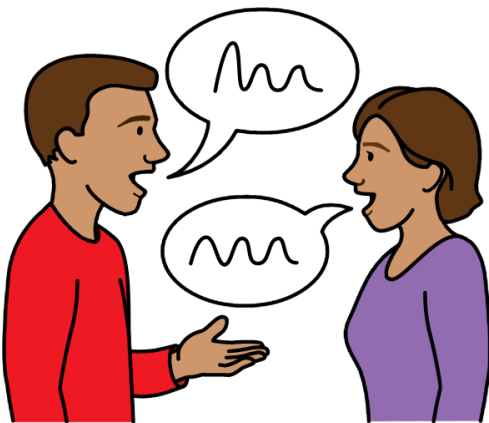


Other people should not be allowed to choose for them.

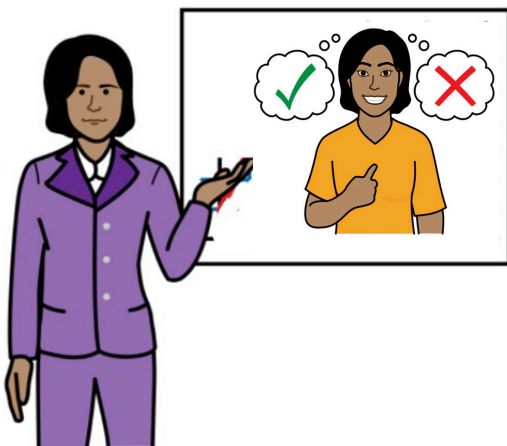


Make sure that people with disabilities get all the information they need to make choices.

For example, information about what could happen if they say yes or no.



Make sure that people with disabilities get support to make their own choices if they need it.



Give people in different countries training about how to support people with disabilities to make their own choices.

That includes training for health workers, like doctors and nurses.



## Making sure that people with disabilities are safe from violence

Countries and organisations should:



Work with people with disabilities on plans and projects about how to stop violence.

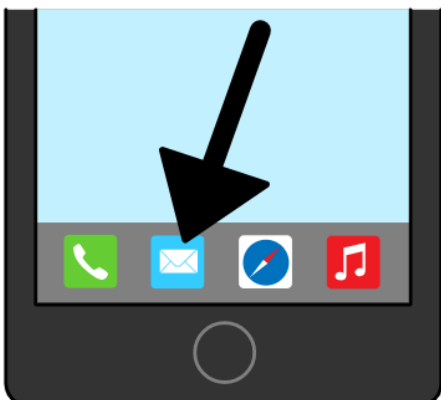
Women and girls with disabilities should be a big part of that work.



Make sure that all people with disabilities can get support if they are being hurt and need help.

This could be support on the internet.

Or support from safe health places.



Tell women and young people with disabilities about the support they can get and their rights.

Use the internet, mobile phones and other ways to tell them.



Make sure that support to do with violence is right for people with disabilities.

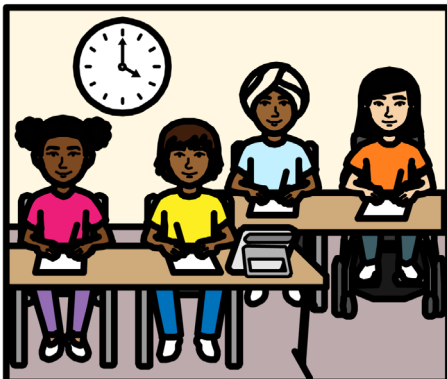
**Making sure that people with disabilities get the right information and support to do with their bodies, sex, relationships and having children**

Countries and organisations should:

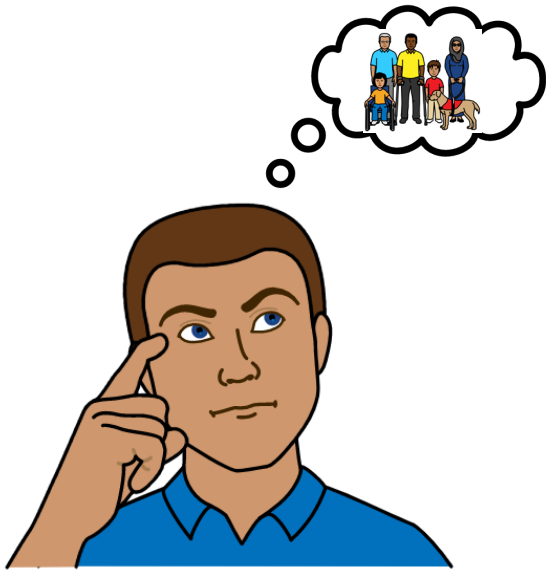


Check that people with disabilities are getting good information and support.

The information and support should be easy for them to get and use.



Make sure that people with different disabilities can learn about safe sex and relationships at school.



## Making sure that people with disabilities are treated fairly

Countries and organisations should:

Work to change the way that people think about people with disabilities.

The media can help with that.

For example, the media can help to show what people with disabilities can do.

The media is things like TV, radio, the internet and newspapers.

Make sure there are laws that stop people with disabilities from being treated unfairly.

For example, young girls with disabilities might be treated unfairly. That is because they are young girls and because they have a disability.

There should be laws to stop that.





Tell people in the country about the rights of women and young people with disabilities.

Make sure that women and young people with disabilities know about their rights.

### **Making sure that people with disabilities get the right support when there is war, floods or other big problems**

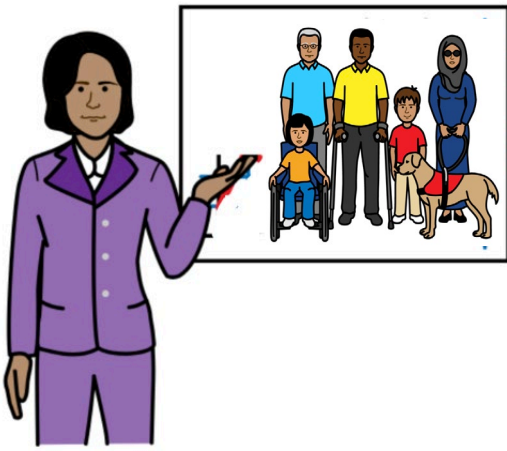
**These problems are called an emergency.**

Countries and organisations should:

Make sure that support in an emergency works well for people with disabilities.



Work with women and girls with disabilities to plan support and check how it is working.



Give staff training about how to support people with disabilities.

The training is for staff who support people in an emergency.



Make sure that people with disabilities know what support they can get in an emergency.

That includes support to do with their bodies, sex, relationships and having children.

## What we are doing



We have projects and plans that include people with disabilities and their rights.



For example, we have a project that supports the rights of women and young people with disabilities.

It is called **We Decide**.