

# Your Human Rights



**ATD FOURTH WORLD**  
ALL TOGETHER IN DIGNITY

UNITED KINGDOM

Co-produced with

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of Human Rights**



## IDENTIFY THE ISSUE

- What is the issue or decision?
- What happened, when and where?
- Who is affected and what is the impact on them?
- Has a public official made a decision or are they involved in the situation?

## IS IT URGENT?

- **If yes, take immediate action such as contacting emergency services by calling 999.**
- If it is not urgent, continue to the next step.

## WRITE A LETTER

If you are still unable to resolve the issue after speaking to a public official, you can write a follow-up letter either to the same official or to someone higher up, like a manager. You can say that you might have to take more serious action.

## IDENTIFY WHICH HUMAN RIGHTS ARE AT RISK

- There may be more than one right.
- Is it an absolute or non-absolute right? Can the right be limited lawfully?
- If the right is absolute, action must be taken as this right can never be lawfully limited.
- If it is non-absolute, think about whether the limitation is lawful, for a good reason, and if it is the least restrictive option available.

## RAISE THE ISSUE WITH THE PUBLIC OFFICIAL

It can be helpful to raise the issue by speaking to the public official who has made the decision, such as a social worker, to let them know they are not considering your rights.

## TAKE MORE SERIOUS ACTION

- See if you can make a complaint to the organisation.
- Contact the Ombudsman.
- Contact the Care Quality Commission or Ofsted.
- See if someone can help you to get legal advice.

