

Making decisions: Your rights checklist



You have the right to:

- ✓ Understand what is happening to you
 - ✓ Have any options to explained to you
 - ✓ Agree or refuse any treatments unless its an emergency
 - ✓ Have your parents or carers involved as much as you want
- ✓ If you don't understand anything then tell them!
 - ✓ If this doesn't happen, let them know or speak to your local Healthwatch
 - ✓ <http://www.healthwatch.co.uk/find-local-healthwatch>