

You have the right to be treated with respect.



You have the right not to be kept alone for a long time.



You have the right to a clean room with food and fresh air.

You still have human rights in here

Everyone has the right to be safe from torture and cruel treatment.



You have the right to good health care.



You have the right to get support to understand things and make decisions.



You have the right to feel safe.

If you think your rights are not being respected, or you think you have experienced torture, cruel, inhuman, or degrading treatment or punishment you can get help. Ask the staff for the checklist that comes with this poster. This can help you to think about your rights.

For more information visit the websites below: www.ombudsman.gov.au/what-we-do/monitoring-places-of-detention-opcat www.qai.org.au

The Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment is one of the international human rights laws that the Australian Government has agreed to.

By signing this Convention the Australian Government has committed to uphold the rights of people who are detained, or who live in places where their safety and care is the responsibility of Government.



