



## Your Rights in Research

The *I'm Me* project explores questions about learning disability identity and voice.

As you work on the project, it is important that you know your rights.

Rights describe the ways in which everybody deserves to be treated.

This document describes your rights in research with the *I'm Me* project and provides scenarios and questions to help you think about and understand what these mean. You can also look at this video: [https://youtu.be/3kPZAkSfS\\_Y](https://youtu.be/3kPZAkSfS_Y)

1. You have  
the right to  
have your say

2. You have  
the right  
to support

3. You have a  
right to feel safe,  
and say no

4. You have  
a right  
to privacy

5. You have  
the right for it  
to feel worthwhile

## 1. You have the right to have your say

**Everybody has the right to be heard about issues that effect them.**

*I'm Me* is a research project exploring learning disability identity, it aims to do so by working with learning disabled artists like yourself.

What is the best way for the *I'm Me* project to make sure you have your say?

- a) They talk to the managers of arts organisations, but not members, artists or participants.
- b) They share a long survey, with lots of complex questions. The survey has to be answered online and in writing.
- c) They ask you to answer their questions in lots of different ways. You can answer in person, through drawing, and with support from someone else if you want it.

Why did you choose your answer?



## 2. You have the right to support

**You've a right to the support you need to enable you to contribute the best you can.**

During the workshop for *I'm Me* you realise that other people are doing something but you haven't been able to understand what is going on and feel left out.

What is the best way for you to be supported to contribute to *I'm Me*?

- a) You sit in silence, not wanting to say anything. No one notices.
- b) A facilitator spots that you are not joining in. They come over to explain things in a different way.
- c) You are offered lots of different ways of sharing your thoughts. The facilitator has prepared alternatives and helps you choose one that suits you. One day somebody else writes down your answers, another time you draw a picture.

How can *I'm Me* support you to contribute the best you can?



### 3. You have a right to feel safe, and say no

**During the research you have the right to stop, to take a break, to talk to somebody you trust.**

During I'm Me workshops you are asked to think about how being learning disabled has affected your life. Some of the questions might be challenging.

You start to tell a story about something that happened to you. It brings up some difficult memories. How would you help yourself feel safe again?

- a) You decide you don't want to continue telling the story and let the facilitator know.
- b) You finish the story but afterwards you ask to talk to someone you trust.
- c) You ask for time out and return later when you are ready.

What makes you feel safe in a workshop?

Do you feel able to take time out if you need it?



#### 4. You have a right to privacy

**Privacy is about whether your name is used in the work we create together.**

During the *I'm Me* project, you talk about things that happened to you in the past. At times these memories might be difficult. However, you are supported and always have someone to talk to about the issues and feel safe. As a research project, *I'm Me* will also share some of your stories more widely – this might include performance, articles and online.

If during *I'm Me* you make a performance or other creative art work, we would like to include your name with your permission. This is because it is important to get credit for work that you do.

If during *I'm Me* you contribute memories or thoughts during a workshop, we may use that material in articles or books but will not include your name. This is because those thoughts might be personal and you may not want everybody to know that it was you that said them. Sharing them in this manner will help the project communicate the experience of learning disability to wider audiences.

How do you feel about the following scenarios? Would you be okay with some or all of them?

a) You share a story during a workshop. Later this is published in an article written by a researcher. Your name is not included so nobody will know it is about you.

b) You turn your story into a performance, which is recorded as a video. You are in control and can see your name in the credits. Later the video is also shared online. You realise that the whole world can watch it and know who you are.

c) You make a performance retelling one of your stories, but don't want other people to know that it actually happened to you. Rather than you perform it, you decide that another actor will say your words and your name won't be mentioned. When everybody watches and claps, you tell your friends that it was by you, but nobody else knows.



## 5. You have the right for it to feel worthwhile

**Being involved should feel valuable and important to you.**

You are involved in *I'm Me* for several months, taking part in workshops and making short performances. Sometimes you're not sure what it is all for and if it is a waste of time. You talk to a facilitator who helps you understand it better and feeds back to the research team.

What would you like to do?

a) You stay with the project because the workshops are fun, you enjoy them and you think you've learnt new things even if you still don't always understand everything perfectly.

b) You try out a couple more workshops but you realise you're not getting much out of them. You talk to the facilitator and you quit the project.

c) You stick with the project and as you listen to other people's stories you realise that you and the other artists have unique and important stories. At the end of the project you realise there are a hundred people listening to the performances that you made, you overhear somebody say how much it made them think.

What makes being involved in a project feel worthwhile to you?





## Consent Form

Consent indicates that you agree to take part in the *I'm Me* project and understand your rights.

Please put your name in the boxes where you understand and agree. Or, if you are making an audio recording, please have someone read out each statement and record yourself saying yes.

	I understand <i>I'm Me</i> will explore questions of learning disability identity.		
	I understand that I can respond to <i>I'm Me</i> in the way that works best for me.		
	I understand I can pause or stop any time I want.		
	I understand that my contributions to workshops may be used in publications <u>without</u> my name included.		
	I understand that creative artworks or performance may be used.	If this happens I <u>do not</u> want to be named.	
Please choose one.		If this happens I do want to be named	
	I understand that if I don't feel like the project is meaningful to me I can talk to someone or leave the project		
Full name			Date