



What are my rights related to holidays?

- You have the right to observe and participate in the holidays, including religious and cultural celebrations, of your choice.
- You can also participate in festivities in the way you want to participate. You have the right to refrain from participation. You do not need to participate in celebrations you do not want to.
- You have the right to express your cultural and religious preferences, or lack thereof.
- You have the right to share your religious, cultural and holiday preferences in your life plan. You can establish goals related to these preferences.



What are my responsibilities?

- Ensure that your life plan accurately reflects your preferences and goals related to holidays and celebrations.
- Be respectful to those with whom you don't share preferences.
- Explore resources to improve your enjoyment of holidays, including groups and events.
- Experience different communities of faith and learn about other cultural practices.
- Loneliness can sometimes be a concern over the holidays. If you are experiencing loneliness, talk to somebody who can get you help. You can call or text 988 for free mental health support.