

ABOUT PHRI(TM)

PHRI helps adults, families, workplaces, and communities protect dignity, respond to harm, and build accountable systems without confusion or silence.

What We Do

- E** Educate adults and families
- P** Strengthen prevention and preparedness
- A** Promote dignity, fairness, truth, and accountability
- R** Help communities respond to harm with clarity

Human dignity is a standard for how every person should be treated.

Learn More

phoenixhumanrights.org | info@phoenixhumanrights.org

PHRI(TM) KNOW YOUR RIGHTS

Adult Safety & Human Rights Guide

Adult Community Edition



- 1** Rights protect dignity, safety, and freedom from harm.
- 2** Clear information helps people act early and wisely.
- 3** Strong communities respond to harm without silence.

Would you know what to do in a harmful situation?

KNOW YOUR RIGHTS

Every adult deserves to be treated with dignity, respect, and fairness. No one should be threatened, exploited, abused, isolated, or silenced.

R Your Rights Include:

- Feel safe at home, work, and in the community
- Be heard and taken seriously
- Ask questions and seek help without retaliation
- Protection from abuse, coercion, exploitation, and intimidation
- Make informed choices and set personal boundaries

Remember:

Respect the dignity, safety, and rights of others.

General information only. For legal, medical, or emergency needs, contact the appropriate professional or emergency service.

RECOGNIZING HARM

Harm can be physical, emotional, financial, digital, or social. It may appear as one serious act or as a pattern of control, pressure, silence, or fear.

Warning Signs

- 1 Feeling afraid, trapped, watched, or powerless
- 2 Pressure to keep harmful secrets
- 3 Control of money, movement, communication, or support
- 4 Threats, humiliation, isolation, or intimidation
- 5 Being blocked from asking, leaving, reporting, or getting help

Patterns matter. Early action can prevent deeper harm.

PHRI(TM) SPEAK UP & SEEK HELP

Speaking up is a responsible step to protect yourself, another person, and the community.

Action Steps

- 1 Move away from immediate danger
- 2 Tell a trusted person, advocate, counselor, or leader
- 3 Document dates, messages, names, witnesses, and impact
- 4 Keep asking for help until appropriate action is taken
- 5 Call emergency services if anyone is in immediate danger

You do not have to solve harm alone. Get safe, get support, and take the next right step.

BUILDING SAFER COMMUNITIES

Human rights are strongest when families, workplaces, schools, and neighborhoods share clear standards and respond early.

Community Standards

- 1 Treat people with dignity, fairness, and privacy
- 2 Refuse to excuse threats, coercion, retaliation, or abuse
- 3 Support people who speak up without blaming them
- 4 Report dangerous behavior through the right channels
- 5 Listen carefully and protect confidentiality
- 6 Choose peaceful, accountable, and lawful solutions

A safer community is built by informed people willing to act.