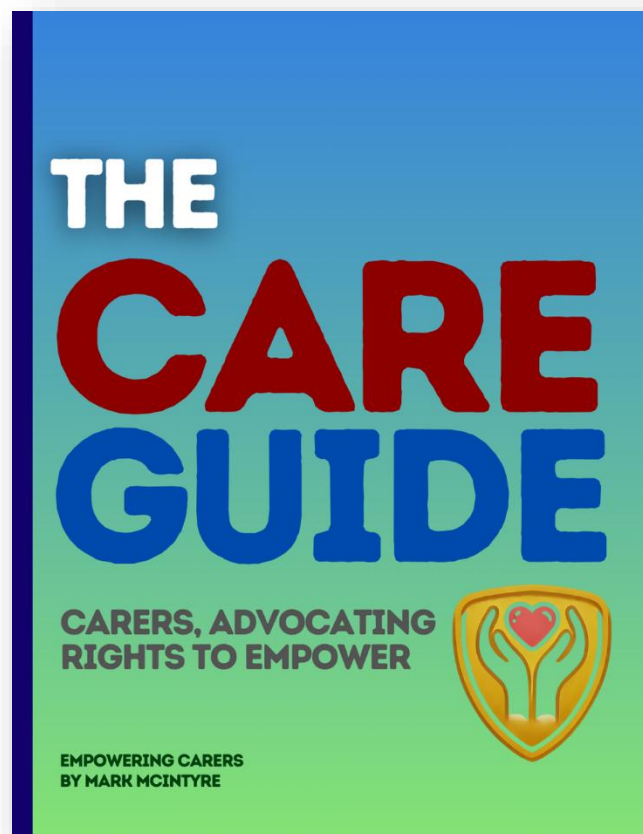


# STORY 6

## Right to Fair Treatment and Protection from Exploitation

*Reflection and Teaching Aid*

*Section B of The Care Guide – Advocacy Stories*



## Training Resource Sheet

### Story 6 Dew the Fairy: Right to Fair Treatment and Protection from Exploitation

(From Section B – Advocacy Stories)

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#### Story Summary

Dew the Fairy works extra hours, takes on difficult tasks, and is always polite - but others start taking advantage. She is pressured into doing unpaid work, missing breaks, and covering for others who contribute less. When she questions it, she is told she is being “difficult.” Eventually, she learns about her right to fair treatment and that being kind doesn’t mean accepting exploitation. The story explores how easily hard-working carers or service users can be used if boundaries aren’t respected.

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#### Training Focus Areas

1. **Understanding Exploitation in Care Settings**
    - What does subtle exploitation look like?
    - Who is most at risk of being taken advantage of?
  2. **Workplace Power Imbalances**
    - How do fear of conflict or a desire to please lead to unfair treatment?
    - What makes it hard to say no, even when things feel wrong?
  3. **Protecting Yourself and Others**
    - What rights do carers and service users have around workload and contribution?
    - How can we support each other in recognising when something crosses a line?
  4. **The Culture of “Going the Extra Mile”**
    - When does going above and beyond become unhealthy or unsafe?
    - How do we ensure kindness and reliability are not exploited?
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#### Discussion Questions

- Have you ever felt pressured to keep giving, even when it felt too much?
- What is the difference between teamwork and exploitation?
- How do we speak up when a culture of overwork becomes normalised?
- What support would make it easier to set healthy limits?

## Practical Actions

- **Role Play:** Practise a respectful response when asked to take on more than is fair or safe.
  - **Reflective Task:** Write down one area where you need to set clearer limits - and one way to do it.
  - **Weekly Challenge:** Check in with one colleague to ask if they feel overburdened or exploited - and listen.
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## Key Learning Outcome

Being dedicated should never mean being exploited. Fair treatment, clear boundaries, and mutual respect are essential to sustainable and ethical care.

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## How to Use This Resource

Use this sheet in discussions about burnout, healthy boundaries, and dignity at work. Dew's story is especially helpful during staff inductions or wellbeing reviews.

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**Date:**

**Time:**

**Place:**

**Name of presenter:**

**Names of staff in attendance:**

**Name of service users taking the lesson:**

**Feedback:**