

# Sixth Data Protection Principle – Respect for the individual's rights

Individual rights means that any processing done must take the rights of individuals into account. It is a reminder towards businesses, public authorities and organizations that they have obligations towards the individuals whose personal data they process.

## In practice

Take the time to learn about the data protection principles and to get to know your rights. Be comfortable using them. Contact the Ombudsman if you think we can help you in any way.

If you're interested in learning more about this topic, visit our [guidance for organizations](#).