

My Declaration of Rights

- 1.) I have the right to be treated with respect.
- 2.) I have the right to have and express my own feelings
- 3.) I have the right to say “no” and not feel guilty
- 4.) I have the right to change my mind
- 5.) I have the right to say “I don’t know”
- 6.) I have the right to express anger in a healthy way
- 7.) I have the right to be treated as a capable human being
- 8.) I have the right to have my needs be as important as others needs
- 9.) I Have the right to make mistakes
- 10.) I have the right to ask “why?”
- 11.) I have the right to have and express my own opinions
- 12.) I have the right to set limits on relationships
- 13.) I have the right to take time to respond to someone
- 14.) I have the right to take time to think before I communicate
- 15.) I have the right to take time to meet my own needs
- 16.) I have the right to take time to be alone
- 17.) I have the right to change my goals whenever I want
- 18.) I have the right to change a relationship when my feelings change
- 19.) I have the right to be myself without changing to suit others
- 20.) I have the right to start a relationship slowly and say “I want to know you better”
- 21.) I have the right to say no if I don’t want physical closeness
- 22.) I have the right to stand up for my beliefs and values
- 23.) I have the right to share my true feelings with others
- 24.) I have the right to feel good about myself without a guy’s or girl’s attention
- 25.) I have the right to be judged only by my actions, and not my appearance
- 26.) I have the right to handle opinions different from my own
- 27.) I have the right to be satisfied with my achievements
- 28.) I have the right to tell someone I don’t like the way they are treating me
- 29.) I have the right to have an equal relationship with a partner
- 30.) I have the right to feel good about myself

