

PERSONAL BILL OF RIGHTS

I have the right to be happy

I have the right to make decisions

I have the right to make mistakes and not be perfect

I have the right to be respected by others

I have the right to express my feelings

I have the right to feel scared and say I'm afraid

I have the right to change my mind

I have the right to change and grow

I have the right to say no to anything when I feel I'm not ready, it is unsafe or it violates my values

I have the right to my own personal space and time needs

I have the right to my own opinions

I have the right to not be responsible for others' behaviour, actions, feelings or problems

I have the right to privacy

I have the right to be ME