A Child’s Bill of Personal Safety Rights

1. You have the right to be strong and confident.
2. You have the right to trust your feelings.
3. You have the right to say no.
4. You have the right to ask for help.
5. You have the right to say you don’t want to be touched or kissed.
6. You have the right to refuse gifts.
7. You have the right to be protected from harm.
8. You have the right to be rude when you are being hurt or bothered.
9. You have the right to yell and make a scene when you are in danger.
10. You have the right to run away from danger.
11. You have the right to kick or bite when you are in danger.

Harborview Center for Sexual Assault and Traumatic Stress 07