

Your Personal Rights

Your Bill of Rights

These are rights that you and everyone else has.

1. You have the right to experience and express your feelings.
2. You have the right to voice your opinion about things.
3. You have the right to be treated with respect.
4. You have the right to say “no” to others and not feel guilty.
5. You have the right to take time to slow down and think.
6. You have the right to change your mind.
7. You have the right to be different or “your own person.”
8. You have the right to ask for things you want.
9. You have the right to make mistakes.
10. You have the right to feel good about yourself.

Can you think of any others?

11. _____
12. _____
13. _____
14. _____