

PERSONAL BILL OF RIGHTS

I have the right to:

- be treated with respect
- have and express your own feelings and opinions, even if unpopular
- be listened to and taken seriously
- set my own priorities
- say yes or no without feeling guilty
- ask for what I want
- get what I pay for
- ask for information
- make mistakes - and be responsible for them
- change my mind
- be assertive - or not
- defend myself
- have equality in profession, sports, and legal matters
- do as I please, provided it hurts no one
- choose my own lifestyle, religion, work, etc.
- decide whether or not to have sex
- have privacy and personal time
- be free from fear
- spend some money as I please
- have emotional support from family and friends
- cultivate friendships of my choice
- have creative, challenging, absorbing, worthwhile work
- make my own decisions