

Teen Bill of Rights

I Have the Right to...

- ⇒ Be treated with respect.
- ⇒ Trust my instincts.
- ⇒ Say “no” and be heard.
- ⇒ Have my privacy respected.
- ⇒ Accept a gift without having to give anything in return.
- ⇒ Ask for help if I need it.
- ⇒ Have someone point out my strengths and assets.
- ⇒ Have loved ones support me.
- ⇒ Have private time and my own space.
- ⇒ Have others listen to what I have to say — even if they don’t agree.
- ⇒ Live a violence-free life.
- ⇒ Be good to myself.

I Have the Responsibility to...

- ⇒ Communicate my thoughts, ideas and feelings clearly.
- ⇒ Stick to my limits and boundaries.
- ⇒ Respect the limits and boundaries of others.
- ⇒ Listen to what others have to say and have the right to reject their ideas, but not the person.
- ⇒ Treat others as my equal.

I Have the Right to Be Happy.