

## A TEEN'S BILL OF RIGHTS

I have a right to:

- Equality with every other human being regardless of age
- Be free from bullying, verbal violence and discrimination
- Refuse to participate in violence – either by fighting or watching others fight
- Speak my thoughts and feelings and be heard
- Have a say in the making of decisions that effect my life
- Be free from physical and mental harm at the hands of abusive people
- Live without fear at home, on the street and at school
- Be judged, accepted and loved for who I am, not what I look like or what others think I should be
- Be free from sexual touching, looks and comments
- Be free from pressure to be sexually active when I am not ready
- Have access to information and skills that make it possible for me to make safe and healthy choices
- Have my needs be as important as the needs of other people
- Refuse a request even if the other person wants it badly, or has emotional problems and threatens to hurt themselves
- Set boundaries, even with authority figures
- Tell people when I cannot fulfill their expectations of me
- Make mistakes, learn from them and take responsibility for them
- Not be blamed if I am hurt because I have made an unwise choice
- Express frustration and anger in respectful and non-violent ways
- Express fear and sadness without humiliation
- Express happiness and pleasure
- Express my opinions without being put down
- Think for myself and form my own beliefs
- Be proud of myself for what I am good at
- Receive praise and feel good about myself
- Change myself, if, when, and how I choose to
- Be confused and take the space to figure things out for myself
- Ask for help when I feel I need it

© Anita Roberts / SafeTeen

**These are my rights and just as I respect the rights of others  
I claim my right to defend these rights.**