**BASIC HUMAN RIGHTS**.

**I have the right to my own needs and feelings and to have them be as important as anyone else’s.**

**I have the right to experience my feelings and to express them, if I want to.**

**I have the right to not be held responsible for other people’s feelings.**

**I have the right to express my opinions.**

**I have the right to decide what my priorities are.**

**I have the right to be Independent if I want to.**

**I have the right to decide how I spend my time.**

**I have the right to choose how I live my life.**

**I have the right to change myself, my behaviours, my values, my life situation, and my life.**

**I have the right to change my mind.**

**I have the right to make mistakes.**

**I have the right to develop and express my talents and interests.**

**I have the right to choose who I spend my time with.**

**I have the right to choose who I share my body with.**

**I have the right to be listened to respectfully.**

**I have the right to ask for what I want.**

**I have the right to say NO.**

**I have the right to set limits and boundaries.**

**I have the right to set limits on how I will be treated by others.**

**I have the right to walk away from relationships that I determine are not good for me.**

**I have the right to have my boundaries respected.**

**I have the right to be treated with dignity & respect by everyone I come into contact with.**

**You also have the right to have these basic human rights, and you have the right to stand up for them.**