

A Personal Bill of Rights

Being assertive means knowing your goals and acting to reach them.

- I have the right to be myself.
- I have the right to be respected; and I will respect others.
- I have the right to make decisions that fit my values.
- I have the right to affection without having to have sex.
- If I do not want physical closeness, I have a right to say no.
- I have the right to start a relationship slowly, to say “I want to know you better before I become involved.”
- When a relationship is ending, I will not change myself to try to keep it going.
- I have the right to ask for change in a relationship.
- I have the right to postpone pregnancy until I am truly ready to be a parent.
- I have the right to stay safe from sexually transmitted infections.
- I have the right to get a good education.
- I have the right to plan my future.
- I have the right to change my goals.