

Personal Bill of Rights

1. I have the right to ask for what I want.
2. I have the right to refuse services or resources that don't meet my needs.
3. I have the right to change my mind.
4. I have the right to express my feelings, whether positive or negative.
5. I have the right to decide what I think is important to me.
6. I have the right to speak up for myself.
7. I have the right to feel scared or afraid.
8. I have the right to not have to justify my decisions.
9. I have the right to be treated with dignity and respect.
10. I have the right to have fun.
11. I have the right to expect honesty from others.
12. I have the right to rely on others for help or to speak up for me.
13. I have the right to ask questions and to receive answers in my own language.
14. I have the right to say that I am not ready.
15. I have the right to receive copies of anything that I sign.
16. I have the right to see my medical records.