

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 in a good way.
5. I have the right to decide what is important.
6. I have the right to ask for help.
7. I have the right to feel scared or afraid.
8. I have the right to not defend my decisions.



9. I have the right to be treated with dignity and respect.
10. I have the right to play and have fun.
11. I have the right to expect honesty from others.
12. I have the right to take breaks from being the strong one and ask for help.
13. I have the right to feel angry and happy.
14. I have the right to say that I am not ready or am unable to meet the demands and expectations of others.
15. I have the right to understand and receive copies of anything I sign.
16. I have the right to see and receive copies of my medical records.



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