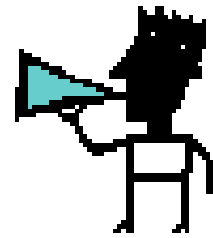


## A BILL OF RIGHTS



- I HAVE THE RIGHT TO PRIVACY.
- I HAVE THE RIGHT TO DECIDE WHAT IS BEST FOR ME.
- I HAVE THE RIGHT TO MAKE A MISTAKE.
- I HAVE THE RIGHT TO CHANGE MY MIND.
- I HAVE THE RIGHT TO BE TREATED WITH RESPECT.
- I HAVE THE RIGHT TO PROTECT MY FEELINGS.
- I HAVE THE RIGHT TO PROTECT MY BODY.
- I HAVE THE RIGHT TO ASK FOR HELP.
- I HAVE THE RIGHT TO GIVE AND RECEIVE AFFECTION.
- I HAVE THE RIGHT TO LOVE SOMEONE WITHOUT LIKING WHAT THEY DO.
- I HAVE THE RIGHT TO TELL PEOPLE WHAT I WANT.
- I HAVE THE RIGHT TO SAY 'NO'.
- I HAVE THE RIGHT TO BE SAFE.
- I HAVE THE RIGHT TO HELP THOSE I LOVE TO BE SAFE.
- I AM A VALUABLE AND IMPORTANT HUMAN BEING.
- I AM NOT THE CAUSE OF ANOTHER PERSON' S VIOLENT BEHAVIOR.

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Remember that no one is all good or all bad. Even "good people" can do wrong things to you--EVEN SOMEONE YOU LOVE. That does not mean that you are guilty or dumb or worthless. **IT IS NOT YOUR FAULT!**

It is O.K. to assert your feelings and your rights: **"That makes me angry. Stop doing that!"** Then get away from that person as quickly as you can. Be sure to talk to someone you trust about what has happened. If no one is available, call one of the hotline numbers below. **IT IS NEVER TOO LATE TO TELL AND TO GET HELP!**

No one is responsible for another person' s violent behavior. If someone you know is being abused, encourage them to seek help.

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### FOR HELP CALL:

CHILDLINE: 1-800-932-0313 (PA CHILD ABUSE HOTLINE)  
CHILDREN' S BUREAU: 724-830-3300 or 1-800-442-6926



[www.blackburncenter.org](http://www.blackburncenter.org)

[www.pcar.org](http://www.pcar.org)

[www.teenpcar.org](http://www.teenpcar.org)

[www.chooserespect.org](http://www.chooserespect.org)

24 Hour Hotline 724-836-1122

Toll Free 1-888-832-2272

