

My Rights

Adapted from the Protective Behaviours program.

I,, have the following rights:

- to feel safe at all times
- to talk with adults or friends if I am not feeling safe
- to speak about my feelings
- to ask for help if I need it, from adults or from my peers
- to be listened to
- to be believed
- to have my ideas, thoughts and feelings respected
- to do whatever I need to do to feel safe