

These are some of my rights and responsibilities:

1. I have a right to be treated with respect no matter what my age is, or my sex or sexuality, or class, or race, or education, or work (paid or unpaid) – and regardless of any way in which I may be disabled.
2. I have a right to say “no” - or “yes”, or “I don’t know,” or “I don’t understand,” or to say nothing at all.
3. I have a right to say what I feel.
4. I have a right to say what I think and to change my mind and think differently in the future.
5. I have a right to state what I want or need or prefer, and to ask for it (though the answer may be “no”).
6. I have a right to postpone making a decision until I have time to think.
7. I have a right to be different from you in my feelings, ideas, wishes, needs, tastes, values, and standards.
8. I have a right to hear criticisms of my behavior at first hand – rather than have others talk about me behind my back.
9. I have a right to make decisions that may not meet with approval of others – even to make mistakes.
10. I have a right to question or confront any person or system or custom that oppresses others.
11. I have a right to be involved in decisions made by my family, my church or association, or a public body, when these decisions affect me.
12. I have a right to enjoy living.

With each of these rights there is a responsibility.

For example, if I have a right to be treated with respect, I have a responsibility to treat others with respect; if I have a right to say “no,” or to say nothing, then I have a responsibility to respect others people’s right to say “no” or to say nothing.

Activity:

Form groups of three, start at number one, and see if you can answer these three questions in each case:

1. What’s the responsibility corresponding to this right?
2. Do I think I have this right, and would I find it hard to claim?
3. Is it difficult for me to respect this right in other people?



Prepared by HOZA! 2014

www.hoza.ca

Reference: Parenting Manual – The National Childbirth Trust at nct.org.uk