

**Handout 6.6: Bill of Rights: Basic Human Rights and
Corresponding Responsibilities**

I have the right:

To be treated fairly
To express feelings, including anger

To change my mind

To make mistakes
To ask for help
To not be perfect

To be honest
To set limits and priorities
To forgive myself
To end relationships that are unhealthy
To make my own decisions
To say "no" and not feel guilty
To change
To make my own decisions
To expect respect

To fail
To not please everybody

I have the responsibility:

To treat others fairly
To accept the feelings of
others

To accept others' changing
their minds

To admit my mistakes
To offer help to others
To not expect perfection in
others

To be tactful
To respect the limits of others
To forgive others

To give feedback about why
To accept the consequences

To accept "no" from others
To support growth in others
To not decide for others
To set limits on disrespectful
behavior

To try my best
To please myself