



You Have A Right ... and A Responsibility

THEORY

After visualizing their basic human rights in the previous TIP, this is a good time to introduce the concept of **corresponding responsibilities to those rights**.

IMPLEMENTATION

Before giving the group the accompanying handout, it would be helpful to brainstorm on a board or flip chart the basic human rights we have, and then balance them with the corresponding responsibilities.

To start the group off, here are a few rights and corresponding responsibilities.

<i>I have a right to:</i>	<i>I have a responsibility to:</i>
Be treated respectfully	Treat all others respectfully
Feel my feelings without judgment	Accept the feelings of others without judgment, ridicule and blame
Be human and make mistakes	Not judge the mistakes of others

Asking each group member what is one right that is particularly difficult for them to accept can be quite helpful tailoring the lesson to their own personal lives. Follow this question up by asking the group which responsibility is also hard for them to accept in dealing with others. Parents and those in leadership positions all too often use their power to be demanding and judgmental of those they try to control. **Make the point that just because you are a parent or a boss, does not mean you have a right to be bossy!**

Use the following handout to give out to the group members so they can have a reminder of the importance of their basic human rights and their corresponding responsibilities.

PROCESSING

In creating the list and using the accompanying handout, point out that in everyday life we allow ourselves to be violated and violate others because we think they deserve it or that we deserve it. There is tremendous power in the group process in recognizing the rights we all have universally. Elicit from members how they either violate their own rights or rights of others without even being aware. This can be quite an eye opener for group members and sets the stage for learning healthy communication skills. Those who tend to be more aggressive will become more aware of their need to be respectful of others while being true to themselves.

My Human Bill Of Rights ... and Corresponding Responsibilities

I have a right to:

I have a responsibility to:

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| Be treated with respect _____ | Treat others respectfully |
| Not let others control me _____ | Not control others |
| Accept my feelings without judgment _____ | Accept the feelings of others |
| Stand up for my rights _____ | Respect the rights of others |
| Express my needs and wants _____ | Accept the wants and needs of others |
| Love myself unconditionally _____ | Love others unconditionally |
| View my needs as important _____ | Accept the needs of others |
| Accept myself for who I am _____ | Accept others for who they are |
| Change myself _____ | Not try to change others |
| Set boundaries and limits with others _____ | Respect the boundaries of others |
| Accept my feelings without judgment _____ | Be non-judgmental with others |
| Make mistakes and even fail _____ | Not critique the failings of others |
| Ask for help _____ | Offer help |
| Have privacy and my own personal space _____ | Respect the personal space of others |
| Set my priorities _____ | Respect the priorities of others |
| Say "no" without feeling selfish _____ | Accept "no" from others |
| Follow my dreams, interests and passions _____ | Support other's dreams and interests |
| Feel weak _____ | Accept other's weaknesses |
| Not live up to others expectations _____ | Not place demands on others |
| Be forgiving of myself _____ | Forgive others |
| Seek others that support my growth _____ | Support the growth of others |