

PERSONAL BILL OF RIGHTS

Taken from: Sexual Assault Risk Reduction Curriculum, A Comprehensive Guide for the Classroom Teacher or Community Educator, 1999

1. Your body is yours to respect and protect
2. You have a right to be safe
3. You have the right to say “no” to anything that does not feel comfortable to you
4. You don’t have to do anything with your body, no matter who you are with, whether you have done it before, or what you agreed to earlier
5. You have the right to say “no” to sex or any other behavior, such as using drugs or alcohol
6. You don’t have to give explanations, saying “no” or “I don’t want to” is enough
7. You have the right to set sexual limits
8. You have the right to trust your feelings
9. You have the responsibility to respect other people’s right to say no to you
10. You have the right and responsibility to protect yourself and other people
11. It is not your fault if someone makes you do something that you do not want to do
12. You have the right to tell someone if you are hurt or forced to do something you didn’t want to do
13. You have the right to find an adult that you can trust and tell him/her what happened
14. You are a valuable person and an important part of your community
15. You deserve to be treated with respect

Sexual Assault Nurse Examiner (SANE) Program of Otero/Lincoln County, New Mexico

SANE Board of Directors: Southern New Mexico Wellness Alliance (SNMWA)

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