

Know Your Rights!

You have a right to:

- Live without fear
- Be treated with respect
- Have and express your own feelings and opinions
- Be listened to and taken seriously
- Set your own priorities
- Say "no" or "I don't care" without feeling guilty
- Ask for what you want without "paybacks."
- Get what you pay for
- Ask for information from others
- Make mistakes like everyone else
- Have your needs met
- Privacy
- Support and friendship

Know:

***You are not alone.
No one deserves to be beaten.***