

Co-operantics

Co-operative skills for everyone

MY RIGHTS

- I have the right to state my own needs and set my own priorities as a person independent of any roles that I may assume in life
- I have the right to be treated with respect as an intelligent, capable and equal human being
- I have the right to express my feelings
- I have the right to express my opinions and values
- I have the right to say “yes” or “no” for myself
- I have the right to make mistakes
- I have the right to change my mind
- I have the right to say I don’t understand
- I have the right to ask for what I want
- I have the right to decline responsibility for other people’s problems
- And I know that other people have these rights too!