

Appendix 12: My bill of rights

I have the right to say 'no'

I have the right not be abused

I have the right to express anger

I have the right to change my life

I have the right to freedom from fear of abuse

I have the right to request and expect assistance from police and social care agencies

I have the right to want a better role model of communication for my children

I have the right to raise my children in safety

I have the right to be treated like an adult, and with respect

I have the right to leave the abusive environment

I have the right to be safe

I have the right to privacy

I have the right to develop my individual talents and abilities

I have the right to prosecute and get protection through the law from my abusing partner

I have the right to earn and control my own finances

I have the right to make my own decisions about my own life

I have the right to change my mind

I have the right to be believed and valued

I have the right to make mistakes

I have the right not to be perfect

I have the right to love and be loved in return

I have the right to put myself first

I have the right to be me