

# BILL OF RIGHTS FOR WOMEN

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I am not to blame for being beaten and abused.

I am not the cause of another's violent behaviour.

I do not like it or want it—I do not have to take it.

I am a worthwhile woman—I deserve to be treated with respect.

I do have power to take good care of myself.

I can decide for myself what is best for me.

I can make changes in my life if I want to.

I am not alone. I can ask others to help me.

I am worth working for and changing for.

I deserve to make my own life safe and happy.

