



## **INDEPENDENCE HOUSE, INC.**

Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence.

*Promoting safe and healthy relationships*

160 Bassett Lane | Hyannis, MA 02601 | 508.771.6507 | FAX 508.778.0143 | TTY 508.771.6782

24-Hr. Hotline 800.439.6507 | [independencehouse.org](http://independencehouse.org) | [independencehouseTEENS.org](http://independencehouseTEENS.org)

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## **MY BILL OF RIGHTS**

- I have the right to be treated with respect.
- I have the right to say no and not feel guilty.
- I have the right to experience and express my feelings.
  - I have the right to take time for myself.
  - I have the right to change my mind.
  - I have the right to ask for what I want.
  - I have the right to ask for information.
  - I have the right to make decisions.
- I have the right to do less than I am humbly capable of.
  - I have the right to feel good about myself.
- I have the right to act only in ways that promote my dignity and self-respect as long as others' are not violated in the process.