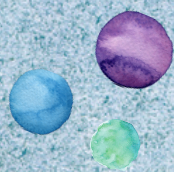


MY PERSONAL RIGHTS AS A TEEN

10 Boundaries
to Protect My
Wellbeing



Megan MacCutcheon

As a human, you have basic inherent rights, but it can be hard to know what those rights are. This is especially true if your self-esteem is low or you are in relationships with people who don't completely respect you.

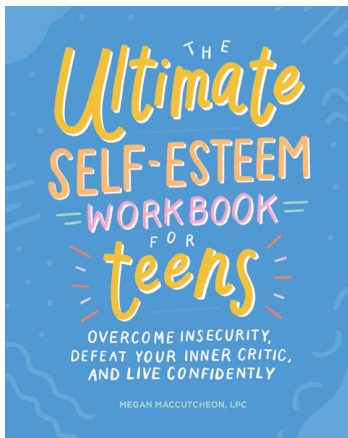
It can also be hard to recognize your rights when you're a teen: You're no longer a child, but you're still a minor, so you don't have total control over your life and all of your choices.

If your cultural background differs from that of mainstream America, you might have some additional challenges in believing in and asserting your rights.

The important thing is to start recognizing your rights and working to enforce them. Read over the following list on a daily basis and work to ensure your interactions align with and support your rights. Doing so will help you to build self-esteem and establish healthy boundaries that will protect you in the long-run.

MY PERSONAL RIGHTS AS A TEEN

1. I have the right to be happy and believe in my unlimited and unconditional worth, no matter how anyone else treats me or makes me feel.
2. I have the right to make mistakes and accept my imperfections, knowing we all have flaws and weaknesses and that mistakes are part of growing and learning.
3. I have the right to create my own value system and establish beliefs that may differ from those of others.
4. I have the right to respectfully express my own opinions, beliefs, and needs, even if they are in disagreement with or rejected by others.
5. I have the right to disagree with rules and authority figures and respectfully express my own thoughts, knowing that doing so may not always result in the outcome I hope for.
6. I have the right to protect myself, say “no,” and resist temptations and peer pressure that will not serve me well.
7. I have the right to respect my body, expect respect from others, say “no” to unwanted advances, and make decisions regarding my sexuality.
8. I have the right to be unique and express myself as I choose so long as I don’t offend or violate the rights of others.
9. I have the right to establish boundaries with others, set limits, and stand for myself as I appreciate my individual identity.
10. I have the right to change my mind, grow, and allow myself to figure out who I want to be as I mature into adulthood.



For tips and tools on improving self-esteem, check out my book, *The Ultimate Self-Esteem Workbook for Teens*, available on Amazon (ref link)



Hi! I'm Megan.

I'm a licensed professional counselor, a certified perinatal mental health clinician, and an author. I specialize in working with individuals struggling with issues related to identity, self-esteem, stress-management, trauma, and anxiety.



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