



- You have the right NOT to be abused.
- You have the right to anger over past beatings.
- You have a right to choose to change the situation.
- You have a right to freedom from fear of abuse.
- You have a right to request and expect assistance from police or social agencies.
- You have a right to share your feelings and not be isolated from others.
- You have a right to want a better role model of communication for yourself and your children.
- You have a right to be treated like an adult.
- You have a right to leave the battering environment.
- You have a right to privacy.
- You have a right to express your own thoughts and feelings.
- You have a right to develop your individual talents and abilities.
- You have a right to legally prosecute the abusing spouse.
- You have a right not to be perfect.

(Adapted from; *Victimology: An International Journal.*, Vol. 2 1977-78, No. 3-4, p.550)