

Children Can Make A Difference For Human Rights!

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Children Can Make A Difference For Human Rights!

By News Canada

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2. Be creative: Together you can make collages or do paintings about children's human rights.

4. Explore other cultures: Attend a multicultural event or cook a new dish together.

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Maintaining Your Assertiveness Rights

By Etienne A. Gibbs, MSW, Management Consultant and Trainer

I have the right to enjoy myself.

I have the right to change my mind.

I have the right to ask for assistance.

I have the right to ask for affection.

I have the right to express my feelings.

I have the right to feel and express anger.

I have the right to be treated with dignity.

I have the right to question those in authority.

I have the right to learn and grow from my mistakes.

I have the right to choose when I shall assert myself.

I have the right to enjoy honest and open relationships.

I have the right to tell others what I will and will not do.

I have the right to be treated as an intelligent human being.

I have the right to refuse any request without feeling guilty.

I have the right to express myself without fear of retribution.

I have the right to respect others, as I would have them respect me.

I have the right to make mistakes without being made to feel guilty.

I have the right to say truly that I don't know or I don't understand.

Remember: When you maximize your potential, everyone wins. When you don't, we all lose.

, at

, or at **502-386-1175**.

Children Can Make A Difference For Human Rights!

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