



# **REAL women**

## **PDF**

Ideas for Good Info and Inspiration!

★scarletteen

★themix.org

★ Laci Green & Hannah  
Witton—youtube

★thisgirlcan & iamthatgirl  
& metizamag

★NSPCC & childline



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# I AM THAT GIRL.

I have a **brilliant** HEART & a *beautiful* mind. I AM **ME**, an amazing *work in progress*, & PERFECTLY FLAWED. *I promise to* LIFT OTHER GIRLS UP, HAVE THEIR BACKS, & *Make It Safe* FOR THEM to be exactly *who they are*. I'M ON A MISSION *to raise the* standards for how we **TREAT EACH OTHER**, how we **TREAT OURSELVES**, and how we *treat the world*. *Every time* I LOOK IN THE MIRROR I'LL REMIND MYSELF *that I'm NOT alone*, that **my voice MATTERS**, and that *I am enough*.

IAMTHATGIRL.COM

## Women's Bill of Rights

- ★ Live a life of peace free from abuse and fear.
- ★ Feel valued, respected and appreciated for who I am.
- ★ Express my thoughts and opinions without judgment or criticism.
- ★ Share equally in all decisions related to relationship, children, home and finances.
- ★ Grow as a person, have my own goals, and develop my own talents and abilities.
- ★ Have friendships outside my relationship that are sustaining and satisfying.
- ★ Have control over my body – to be able to refuse sex, to engage in safe practices, to choose my birth control method, and whether or when to have children or become pregnant.
- ★ Have freedom of movement without fear of repercussion.
- ★ Feel safe wherever I am.
- ★ Seek help if I need it.
- ★ Believe that I am an important, powerful and beautiful human being

London Coordinating Committee To End Abuse

GIRLS INC. GIRLS'  
**BILL OF RIGHTS™**

**girls  
inc.®**

Inspiring all girls to be  
strong, smart, and bold™



GIRLS HAVE THE RIGHT TO  
**BE THEMSELVES  
AND TO RESIST GENDER  
STEREOTYPES.**

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GIRLS HAVE THE RIGHT TO  
**EXPRESS THEMSELVES  
WITH ORIGINALITY AND  
ENTHUSIASM.**

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GIRLS HAVE THE RIGHT TO  
**TAKE RISKS, TO STRIVE  
FREELY, AND TO TAKE  
PRIDE IN SUCCESS.**

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GIRLS HAVE THE RIGHT TO  
**ACCEPT AND  
APPRECIATE  
THEIR BODIES.**

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GIRLS HAVE THE RIGHT TO  
**HAVE CONFIDENCE IN  
THEMSELVES AND BE  
SAFE IN THE WORLD.**

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GIRLS HAVE THE RIGHT TO  
**PREPARE FOR INTERESTING  
WORK AND ECONOMIC  
INDEPENDENCE.**