10 Principles

For my protection, well-being and development as a girl, boy or adolescent with disabilities:

1. I exist as I am and I am a person just like you.
2. I like that you are kind, you love me and play with me.
3. I like that you take care of me, protect me and teach me how to protect myself.
4. I want you to accept me as I am, help me develop my abilities and talents and give me a good quality education.
5. I like that you listen to me, explain to me what is happening and consider my opinion.
6. I like that you believe in me and help me grow.
7. I like that you understand me, support me and reassure me when I am upset, angry or frustrated.
8. I like it when you include me.
9. I want you to respect me and protect me from all forms of violence everywhere and under all circumstances.
10. It matters to me that you believe me.