

LESSON 1

Personal Rights and Responsibilities

Glossary of Terms

Aggressive Communication: When you state your thoughts, feelings, and ideas without regard for others

Assertive Communication: When you stand up for yourself and state your thoughts, feelings, and opinions while being considerate of the feelings of others and not violating their rights

Bill of Rights: A statement that defines fundamental privileges and freedoms; a formal list of essential rights and liberties

Passive-Aggressive Communication: When you appear to be passive but your subtle and indirect communication is meant to control others

Passive Communication: When you accept what others are saying and doing without speaking up to try to change things; you avoid stating your thoughts, feelings, or opinions

Personal Bill of Rights: A list of rights and liberties that are important to you and for which you will be responsible

Responsibility: The act of doing the right thing without being told to do so; doing what you are supposed to do; successfully completing a duty; being accountable for your behavior

Rights: Fundamental rules about what people are allowed to do; basic principles of freedom