Making A Family Agreement

Gather your family together with some big pieces of paper and colourful pens.

Explain you'd love everyone in your family to feel safe, loved and valued. We are going to gather ideas for making that happen.

Ask everyone to contribute in ways that work for them.

Use the 'Examples of your rights' list to give ideas and find out which feel important for your family.

Once everyone is happy ask them to sign the paper to confirm they are ok with it.

Use the action plan to work out what you need to make it happen and what might stand in your way.

Review the agreement weekly to remind people of what they felt was important, what's working and what isn't. It may evolve and grow over time and that's great!

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Examples of your rights

- I have the right to be me
- I have the right to put myself first
- I have the right to be safe
- I have the right to love and be loved
- I have the right to be treated with respect
- I have the right to be human – not perfect
- I have the right to be angry and protest if I am treated unfairly by anyone
- I have the right to my own privacy
- I have the right to my own opinions, to express them, and be taken seriously
- I have the right to earn and control my own money
- I have the right to ask questions about anything that affects my life
- I have the right to be involved in decisions that affect me
- I have the right to grow and change (and that includes changing my mind)
- I have the right to say NO
- I have the right to make mistakes
- I have the right NOT to be responsible for other adults' problems
- I have the right not to be liked by everyone
- I have the right to control my own life and to change it if
- I am not happy with it as it is
- I have the right to speak my truth and to be told the truth by others

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What would you like to add to the list?

What commitments would you like to make to yourself?