

The Plural Bill Of Rights

The following is a direct reference from the Plural Association.

Please follow this link to be taken to the Plural Association Nonprofit page: <https://powertotheplurals.com/>

- 1 You and your System have the right to be Plural; having or being more than one individual/part/alter, within a single body, no matter the words or labels you use to define that experience.**
- 2 You and your System have the right to determine (by) yourselves if you are Plural. You do not need external validation, confirmation, a diagnosis or proof.**
- 3 You and your System have the right to trust yourself and your Headmates/Parts/Alters, including their existence, history, personal opinions and truths, which may change over time and might differ per Headmate/Part/Alter.**
- 4 You and your System have the right to claim personhood while also practicing System responsibility.**
- 5 You and your System have the right TO NOT MINIMIZE or exaggerate your signs, symptoms or experiences, for the comfort of others or to match a clinical or diagnostic text. (Those texts should reflect our various experiences instead.)**
- 6 You and your System have the right to your unique and individual experiences with Plurality. Your System does not have to look like experiences of some other Plurals.**
- 7 You and your System have the right to selves express; your existence, yourselves, your gender(s), your history, your personal opinions and your truths.**
- 8 You and your System have the right to switch overtly or covertly, or not.**
- 9 You and your System have the right to announce a switch or to keep it to yourselves.**