

Relationship Bill of Rights

In Relationships, I Have the Right:

- To always be treated with respect.
- To be in a healthy relationship.
- To not be physically, sexually, mentally, or emotionally abused.
- To enjoy friends and activities apart from my other peers or partner.
- To express myself honestly.
- To recognize my culture and identities.
- To determine my values and set limits.
- To decide what I share and with whom.
- To say no.
- To feel safe.
- To be treated as an equal.
- To feel comfortable being myself.
- To leave or stay.

In Relationships, I Have the Responsibility:

- To communicate my values and limits.
- To respect my peer's or partner's limits, values, feelings and privacy.
- To accept my peer's or partner's culture and identities.
- To not physically, sexually, mentally, or emotionally abuse.
- To listen.
- To be considerate.
- To communicate clearly, honestly and respectfully.
- To give my peers or romantic partner space to enjoy activities and friendships outside of our relationship.
- To not exert power or control in relationships.
- To compromise when needed.
- To admit to being wrong when appropriate.
- To ask for help from friends, family, and mentors.

*This content was adapted from the following sources: Counseling & Mental Health Center at The University of Texas at Austin:
www.cmhc.utexas.edu/vav_datingbillofrights.html*