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