



Relationship Bill of Rights

Know
Needs
Options
Warnings
Learn
Explore
Danger
Grieve
Empower

Information Taken
from:

Domestic Violence and Sexual Assault Coalition
<http://www.dvsac.org/relationship-bill-of-rights/>

- ♥ I have the right to be treated with dignity and respect
- ♥ I have a right to follow my own values and standards
- ♥ I have the right to say no and not feel guilty
- ♥ I have the right to experience and express my feelings
- ♥ I have the right to feel safe
- ♥ I have the right to take time for myself
- ♥ I have the right to change my mind
- ♥ I have the right to ask for what I want
- ♥ I have the right to ask for information
- ♥ I have the right to make mistakes
- ♥ I have the right to do less than I am humanly capable of doing
- ♥ I have the right to be me and feel good about myself
- ♥ I have the right to leave conversations with people who make me feel put down or humiliated
- ♥ I have the right to act only in ways that will promote my dignity and self-respect
- ♥ I have the right to feel scared and say "I'm afraid"
- ♥ I have the right to end the relationship
- ♥ I have the right not to be responsible for others' behavior, actions, feelings, or problems
- ♥ I have the right to expect honesty from others
- ♥ I have the right to all of my feelings
- ♥ I have the right to make decisions based on my feelings, my judgments, or any reason that I choose
- ♥ I have the right to change and grow
- ♥ I have the right to be happy
- ♥ I have the right to make friends and be myself around people
- ♥ I have the right to be angry at someone I love
- ♥ I have the right to both experience and let go of fear, guilt, and shame

Do you feel comfortable exercising these rights in your relationship?

Victims of violence are often hesitant to express their own opinion or take initiative around violent partners because they are afraid of what might happen if they do.

Remember: A healthy relationship is just as much about personal growth as it is to grow together. A healthy relationship is composed of an environment where everyone is free to express themselves without repercussion. You should not be afraid to act yourself or express an opinion in your relationship! Partners in a healthy relationship may not agree with each other and that is ok! They will find a healthy way to acknowledge each other's opinion and it should never result in violence!