

YOUR RIGHTS IN A RELATIONSHIP

In a relationship you have the right to...

- Change your mind
- Be treated with respect
- Leave when you feel like it
- Share in decision-making
 - Talk things out
 - Say "NO" to anything
 - Have your own opinion
- To spend time with others
 - Trust your partner
 - To be free from violence
- Choose whom you want to see
 - Be treated honestly
 - Be safe and feel safe
 - Break up
 - Have privacy
- Control what you do with your body
- Decide how serious you want your relationship to be
 - Be yourself
 - Do what is best for you
- Expect more than a physical relationship
 - Be treated with courtesy
 - Express your feelings and emotions
- Have an opportunity to explain yourself
 - Communicate openly
 - Defend yourself
- Maintain other relationships and activities
 - Be treated as an equal
 - Be free from pressure

This is adapted from the website of Plymouth State University.

