

Relationship Bill of Rights

- ★ I have the right to be treated with respect.
- ★ I have the right to feel safe, emotionally and physically.
- ★ I have the right to spend time with my friends and family.
- ★ I have the right to have my own feelings, thoughts, and opinions, even if they are different than my partner's.
- ★ I have the right to be treated as an equal.
- ★ I have the right to build relationships with the people I choose.
- ★ I have the right to make decisions based on my feelings.
- ★ I have the right to say "No" to anything, at any time, without being pressured, manipulated, or made to feel guilty.
- ★ I have the right to be listened to.
- ★ I have the right to set my own emotional and physical boundaries.
- ★ I have the right to have equal decision-making power in my relationship.
- ★ I have the right to make mistakes and not be perfect.
- ★ I have the right to talk openly, honestly, and respectfully about my feelings, opinions, wants, and needs.
- ★ I have the right to be believed and taken seriously.
- ★ I have the right to ask for emotional support.
- ★ I have the right to have time alone and do my own activities.
- ★ I have the right to end a relationship, without being threatened, punished, or made to feel guilty.
- ★ I have the right to always feel safe around my partner.
- ★ I have the right to control my own money and property.
- ★ I have the right to change my mind at anytime.
- ★ I have the right not to be responsible for others' behaviors, actions, feelings, or problems.
- ★ I have the right to feel good about myself.
- ★ I have the right to change and grow.
- ★ I have the right to be happy.
- ★ I have the right to be in a healthy relationship.



Center for
Community Solutions
Healing and Preventing Sexual Assault
and Relationship Violence

24hr Toll Free Crisisline | 1-888-DVLINKS (385-4657)

Web | www.ccssd.org

Locations | Coastal: (858) 272-5777 East County: (619) 697-7477 North County: (760) 747-6282

Our mission is to end relationship and sexual violence by being a catalyst for caring communities and social justice. –CCS