

NEARLY 1 IN 3 TEEN RELATIONSHIPS INVOLVE ABUSE.

THIS IS
YOUR

Healthy

RELATIONSHIPS

Guide

DATING ABUSE IS A PATTERN OF DESTRUCTIVE BEHAVIORS
USED TO EXERT POWER AND CONTROL OVER A PARTNER.

IN HEALTHY RELATIONSHIPS:

- Your partner respects you and your individuality.
- You are both open and honest.
- Your partner supports you and your choices even when they disagree with you.
- Both of you have equal say and respected boundaries.
- Your partner understands that you need to study or hang out with friends and family.
- You can communicate your feelings without being afraid of negative consequences.
- Both of you feel safe to be yourselves.
- Your relationship is not marked by jealousy, guilt, or control of one another's actions.
- You give and receive compliments and encouragement to achieve personal goals.

DATING

BILL OF RIGHTS

I HAVE THE RIGHT TO:

1. Be in a healthy relationship where I am always treated with respect.
2. Be treated as an equal.
3. Be free from controlling, manipulative, or jealous behaviors.
4. Share honesty, trust, and communication. Conflicts should be resolved in a peaceful and rational way.
5. Not be hurt physically or emotionally.
6. Feel safe in the relationship at all times. Abuse is never deserved and is never my fault.
7. Refuse any type of physical affection at any time and for any reason. I should never be subjected to guilt or pressure to do something that makes me uncomfortable.
8. Have friends and activities apart from my boyfriend or girlfriend.
9. Spend time by myself, with male or female friends, or with family, as this is normal and healthy.
10. To end a relationship. I should not be harassed, threatened, or made to feel guilty for ending an unhealthy or healthy relationship. I have the right to end a relationship for any reason I choose.