

Relationship Rights



1. **I have the right to** be treated with respect.



2. **I have the right to** feel safe.



3. **I have the right to** spend time with my friends, family, or alone, without my partner.



4. **I have the right to** have my own feelings, thoughts, and opinions, even if they are different than my partner's.



5. **I have the right to** be treated equally.



6. **I have the right to** make my own decisions.

7. **I have the right to** say “no” to anything at any time without being pressured or guilted.



8. **I have the right to** make mistakes.

9. **I have the right to** talk honestly and be heard.



10. **I have the right to** end a relationship for any reason.

24hr Toll Free Crisis Line | 1-888-385-4657 Web | www.ccssd.org