



## Bill of Rights

In a relationship, you might be more focused on taking care of your partner's needs than on taking care of what is best for you. But there are things that you should expect. You have rights. With those rights come responsibilities.

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### **I have the right:**

- ✓ To express my own feelings, even if they are negative.
  - ✓ To have my feelings respected by others.
  - ✓ To ask for a date.
  - ✓ To refuse a date.
  - ✓ To choose and keep my own friends, both male and female.
  - ✓ To have my own opinions.
  - ✓ To change my mind.
  - ✓ To have time to myself.
  - ✓ To say no.
  - ✓ To refuse any activities, even if my date is excited about them.
  - ✓ To spend money the way I want to.
  - ✓ To wear what I want.
  - ✓ To end a relationship at any time.
  - ✓ To stop doing something, even in the middle.
  - ✓ To say no to being sexual, even if I have been before.
  - ✓ To express my strengths, abilities, and talents.
  - ✓ To change my goals.
  - ✓ To disagree.
  - ✓ To be treated as an equal.
  - ✓ To be human and make mistakes.
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### **I have the responsibility:**

- ✓ To listen.
- ✓ To determine my limits and respect the limits of others.
- ✓ To communicate clearly and honestly.
- ✓ To not threaten to harm myself or another.
- ✓ To be considerate, but not submissive or aggressive.

**If you feel like you or a friend needs help, contact A Woman's Place.**

**1.800.220.8116**

**[www.awomansplace.org](http://www.awomansplace.org)**