

Relationship Bill of Rights

- * I have the right to respect, communication, trust and boundaries in my relationship.
- * I have the right to a relationship between equals.
- * I have the right to be myself without changing to suit others, and the right to no judgments.
- * I have the right to be listened to.
- * I have the right to set limits on physical closeness, to say “no” to any activity that makes me uncomfortable, as well as to accept a “No.”
- * I have the right to choose when I want to be with my partner and when I would like to be with my other friends or by myself.
- * I have the right to be in a relationship that makes me feel good about myself and to end a relationship that makes me feel bad about myself or my life.
- * I have the right to NOT be called names, put down, or embarrassed by my partner.
- * I have the right to have my wants, needs, and opinions heard and respected by my partner and to have equal say in making decisions in our relationship.
- * I have the right to feel safe, both physically and emotionally, in my relationships.
- * I have the right to NOT take on responsibility for my partner’s feelings, choices, or behaviors.

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