



Relationship Rights & Responsibilities

I have the right...

- To be treated with respect—always.
- To be in a healthy relationship.
- To not be abused—physically, sexually, or emotionally.
- To enjoy friends and activities apart from my romantic partner.
- To express myself honestly.
- To recognize my culture and identities.
- To determine my values and set limits.
- To decide what I share with whom.
- To say no.
- To feel safe in relationships.
- To be treated as an equal.
- To feel comfortable being myself.
- To leave or stay in a relationship.

I have the responsibility...

- To communicate my values and limits.
- To respect my romantic partner's limits, values, feelings, and privacy.
- To accept my romantic partner's culture and identities.
- To not abuse—physically, sexually, or emotionally.
- To listen.
- To be considerate.
- To communicate clearly, honestly, and respectfully.
- To give my romantic partner space to enjoy activities and friendships outside our relationship.
- To not exert power or control in relationships.
- To compromise when needed.
- To admit to being wrong when appropriate.
- To ask for help from friends, family, and mentors.