

# *My Dating Bill of Rights*

## I HAVE THE RIGHT:

- ◆ To trust myself and my instincts
- ◆ To ask for a date
- ◆ To refuse a date
- ◆ To suggest activities
- ◆ To refuse activities, even if my partner is excited about them
- ◆ To express my emotions and have them respected
- ◆ To be respected as a person
- ◆ To disagree
- ◆ To change my mind
- ◆ To have a partner who is faithful
- ◆ To have my limits respected
- ◆ To tell my partner I want affection
- ◆ To be listened to
- ◆ To be cared about
- ◆ To refuse sex with anyone, any time
- ◆ To not be hit, slapped or shoved
- ◆ To not be humiliated in public or private
- ◆ To break up with someone who hurts me, even though I love them
- ◆ To break up with someone who hurts me, even though they love me
- ◆ To ask for help if I need it

## I HAVE THE RESPONSIBILITY:

- ◆ To determine my limits
- ◆ To respect other people's limits
- ◆ To communicate clearly, honestly, if it is safe
- ◆ To take care of myself
- ◆ To ask for help if I need it

**CBT+**