

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

HARBORVIEW ABUSE AND TRAUMA CENTER (206-744-1600)