

Teen Dating Bill of Rights

I have the right:

- ▶ To always be treated with respect - In a respectful relationship, you should be treated as an equal.
- ▶ To be in a healthy relationship - A healthy relationship is not controlling, manipulative, or jealous. A healthy relationship involves honesty, trust, and communication.
- ▶ To not be hurt physically or emotionally - You should feel safe in your relationship at all times.
- ▶ Abuse is never deserved and is never your fault - Conflicts should be resolved in a peaceful and rational way.
- ▶ To refuse sex or affection at anytime - A healthy relationship involves making consensual sexual decisions.
- ▶ You have the right to not have sex - Even if you have had sex before, you have the right to refuse sex for any reason.
- ▶ To have friends and activities apart from my boyfriend or girlfriend - Spending time by yourself, with male or female friends, or with family is normal and healthy.
- ▶ To end a relationship - You should not be harassed, threatened, or made to feel guilty for ending an unhealthy or healthy relationship. You have the right to end a relationship for any reason you choose.

I pledge to:

- ▶ Always treat my boyfriend or girlfriend with respect.
- ▶ Never hurt my boyfriend or girlfriend physically, verbally, or emotionally.
- ▶ Respect my girlfriend's or boyfriend's decisions concerning sex and affection.
- ▶ Not be controlling or manipulative in my relationship.
- ▶ Accept responsibility for myself and my actions.

Source: Love is Respect.org – National Teen Dating Abuse Helpline