



The Relationship Bill of Rights

Basic Rights In a Relationship:

- I have the right to trust myself above all others.
- I have the right to be called by no name that devalues me.
- I have the right to be heard by the other and to be responded to with courtesy.
 - I have the right to be listened to and taken seriously.
 - I have the right to set my own priorities.
 - I have the right to refuse to date anyone.
 - I have the right to live free from emotional and physical threat.
 - I have the right to be assertive.
 - I have the right to live free from criticism and judgment.
 - I have the right to live free from angry outbursts and rage.
 - I have the right to refuse to have sex.
 - I have the right to be respectfully asked rather than ordered.
- I have the right to have my own view, even if it is different from my dating partner's view.
 - I have the right to say "No" without feeling guilty or explaining why.
 - I have the right to fulfill myself with or without another person in my life.
 - I have the right to leave any situation I don't like.
 - I have the right to a healthy dating relationship.

If you'd like to speak with someone, contact the free and confidential Rape Prevention Education Program:
(805)893-3778

<http://www.sa.ucsb.edu/women'scenter/>