

I HAVE THE RIGHT TO...

- Be treated as an equal
- Disagree with my partner
- Know my feelings count
- Express myself
- Set my own boundaries
- Spend time with my family
- Have privacy
- Feel safe
- Make my own decisions
- Keep my passcodes secret
- Fall out of like/love with my partner
- Have my own friends
- Change my mind
- Choose not to answer my phone or messages
- Be encouraged
- Wear what I want
- Turn someone down
- Have my feelings respected
- End my relationship when I want
- Have my opinions heard
- Spend time alone
- Choose my friends
- Say no to anything that makes me uncomfortable—including hugs and any kind of touching or sex
- Have my own social life
- Be myself

...Respect, Equality and Safety in my relationship.



Six Critical Life Messages to Help a Friend Who's Being Abused:

- I believe in you
- You are listened to
- I trust you
- You are cared for
- I know you can handle it
- You are very important to me