Dating Rights & Responsibilities

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| **I HAVE THE RIGHT**   * To say yes or no to you about anything. * To spend time with my own friends. To go places with my friends/family. * To be trusted and shown respect. * To make my own decisions about what is right for me. * To wear what I want and dress in my own style. * To be myself and not have to change for you. * To not be pressured into anything. * To not be made to feel obligated to you. * To be safe and feel safe at all times. * To share in making decisions about what we do as a couple. * To have some privacy. * To have and express whatever feelings I need to. | **IT IS MY RESPONSIBILITY**   * To accept no for an answer. To listen to and respect your opinions. * To accept your friends/family and your choice to spend time with them. * To trust you and treat you with respect. * To encourage you to make your own decisions about what is right for you. * To support your right to dress as you choose. * To accept you for who you are and not try to change you. * To not pressure you into anything. * To give you gifts or do nice things for you without expecting anything in return. * To not intentionally hurt you or threaten you. * To share in making decisions about what we do as a couple. To not be controlling. * To respect your privacy and to give you some space when you need it. * To recognize and accept that your feelings may differ from mine and you have the right to express them. |

Talk about these rights and responsibilities with your dating partner.  
Then make a promise to each other to maintain a safe and healthy relationship.