

Rights in a Relationship

In a relationship both partners have the right to:

- Change their minds
- Be treated with respect
- Leave when they feel like it
- Share in decision making
- Talk things out
- Say 'No' to anything
- Have their own opinion
- Spend time with others
- Trust their partner
- To be free from violence
- Choose whom they want to see
- Be treated with honesty
- Be safe and feel safe
- Have privacy
- Control what they do with their body
- Decide how serious they want your relationship to be
- Be themselves
- Do what is best for themselves
- Expect more than a physical relationship
- Be treated with courtesy
- Express feelings and emotions (safely)
- Have an opportunity to explain themselves
- Communicate openly
- Defend themselves
- Maintain other relationships and activities
- End the relationship if they choose
- Be treated as an equal

Adapted from Plymouth State University website

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