



SHELTER

FOR HELP IN EMERGENCY

working to end domestic violence in our community

Relationship Bill of Rights

1. I have the right to be treated with dignity and respect.
2. I have a right to follow my own values and standards
3. I have the right to say no and not feel guilty.
4. I have the right to experience and express my feelings.
5. I have the right to feel safe.
6. I have the right to take time for myself.
7. I have the right to change my mind.
8. I have the right to ask for what I want.
9. I have the right to ask for information.
10. I have the right to make mistakes.
11. I have the right to do less than I am humanly capable of doing.
12. I have the right to be me and feel good about myself.
13. I have the right to leave conversations with people who make me feel put down or humiliated
14. I have the right to act only in ways that will promote my dignity and self-respect.
15. I have the right to feel scared and say "I'm afraid".
16. I have the right to end the relationship.
17. I have the right not to be responsible for others' behavior, actions, feelings, or problems.
18. I have the right to expect honesty from others
19. I have the right to all of my feelings
20. I have the right to make decisions based on my feelings, my judgments, or any reason that I choose.
21. I have the right to change and grow.
22. I have the right to be happy.
23. I have the right to make friends and be myself around people.
24. I have the right to be angry at someone I love.
25. I have the right to both experience and let go of fear, guilt, and shame.

Developed by the Domestic Violence and Sexual Assault Coalition in California