

# I HAVE THE RIGHT TO BE IN A HEALTHY RELATIONSHIP

## DATING RIGHTS MANIFESTO

### LOVE.

someone that I do  
brave! But I will seek help if I

It is my right to feel supported by the

way I am. Seriously! I can determine my

### INDIVIDUALITY.

It is my right to have personal space. I will not feel guilty for hanging out with my family or friends. Having my own friends and enjoying time with them will only help me and my dating relationship grow.

**RESPECT.** It is my right to be treated kindly and with respect. It is ok to refuse affection or a date. Sex is not synonymous with love. It is my right to have complete control over my body. It is ok to not let my dating partner take a picture of any part of my body naked.

**HAPPINESS.** It is my right to be happy. Being alone is ok, being unhappy is not. Happiness comes from within and should not be determined by who I am dating.

**TRUST.** It is my right to decide with whom I will spend my time. Trust is part of a healthy relationship. It really does exist! Jealousy and possessiveness are not the same as commitment and love.

### COMMUNICATION.

It is my right to express myself without fear. My opinion matters. I will share decision making power with my partner and always make my voice heard.

**HONESTY.** It is my right to be true to myself and expect that others will be true to me. Embracing my personal identity is the best way for me to grow.

**SAFETY.** It is my right to be in a dating relationship free of physical, emotional, verbal and sexual abuse. I will end an abusive relationship and not be afraid to seek support from others.

**STRENGTH.** It is my right to determine my own future and to be loved.

I am strong.

**LO**

**V**  
**E**

I will love

not fear. I will be

need it. **SELF WORTH.**

person I love. I am awesome just the

own goals and choose my own friends.

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