**Rights in a Relationship**

**You have the right to:**

1. Share expenses
2. Socialize with others
3. Be treated with respect
4. End the date at any time
5. Share in decision making
6. Talk things out
7. Say “NO” to anything
8. Your own opinion
9. Trust
10. Not be victimized by violence
11. Be free from expected paybacks
12. Choose who you want to date
13. Be treated fairly
14. Honesty
15. Be safe and feel safe
16. Break up
17. Privacy
18. Control what you do with your body
19. Decide how serious you want your relationship to be
20. Be yourself/do what is best for you
21. Expect more than a physical relationship
22. ‘ Date other people
23. Courtesy
24. Express your feelings and emotions
25. Have an opportunity to explain yourself
26. Communication
27. Defend yourself
28. Maintain relationships and activities
29. Equality
30. Be free from pressure
31. Change your mind
32. Your own interests

**We all share the responsibility to respect the rights of others.**

**Guidelines for problem solving in a relationship:**

1. Never use physical violence
2. Always complete the argument
3. Avoid name-calling
4. Stick to the issue at hand
5. Never threaten to withdraw love
6. Don’t use the “silent treatment”
7. When you are wrong, admit it
8. Never deliberately embarrass each other or others by arguing in public
9. Listen to your partner
10. Don’t be bitter or carry a grudge