



RELATIONSHIP BILL OF RIGHTS

I HAVE THE RIGHT TO

Say yes, no, or maybe to a relationship

My own friends and separate time

Privacy of my phone, passwords, and accounts

Choose how and when
to be physical—or not be

Change my mind at any time

Never be controlled or abused

Get help if I am being abused
or abusing someone

Love who I love

End a relationship without guilt or fear

Be fully myself

To get advice about a relationship, text 22522,
call 1-866-331-9474, or chat at loveisrespect.org



Young Hearts
MATTER

Texas Council On
FAMILY VIOLENCE
Over Thirty Years of Building a Safer Texas



EVERYONE NEEDS LOVE. NOBODY NEEDS ABUSE.

Know the difference?

LOVE

HONESTY

Communicating openly and truthfully

TRUST

Respecting personal time

SAFETY

Boundaries are respected

FREEDOM

It's cool to have separate friends

PHYSICAL CARING

Respecting physical boundaries

HEALTHY COMMUNICATION

Listening deeply

ABUSE

DISHONESTY

Lying about feelings or actions

CONTROL

Keeping tabs and constant check-ins

FEAR

Forcing physical intimacy

ISOLATION

Only hanging out as a couple alone

PHYSICAL VIOLENCE

Hurting or threatening to hurt a person

VERBAL ABUSE

Criticizing

To get advice about a relationship, text 22522,
call 1-866-331-9474, or chat at loveisrespect.org

