

KNOW YOUR RIGHTS in a DATING RELATIONSHIP

I have the right to:

- ◆ Not be abused physically, emotionally or sexually
- ◆ “Fall out of love” with someone and live with no threats
- ◆ Express my own opinions
- ◆ Make my needs as important as my partner’s needs
- ◆ Grow as an individual in my own way and not be criticized for it
- ◆ Accept responsibility for my own behavior and no one else’s
- ◆ Change my mind
- ◆ Have friends of my own
- ◆ Say “no”
- ◆ Be respected, loved and live a peaceful life

**NJ Statewide
Domestic Violence Hotline
1-800-572-SAFE (7233)
TTY: 609-392-2990**

**24 Hour
NJ Coalition Against
Sexual Assault
1-800-601-7200**



KNOW YOUR RESPONSIBILITIES in a DATING RELATIONSHIP

It is my responsibility to:

- ◆ Not inflict physical, emotional, verbal or sexual abuse on my partner
- ◆ Only blame myself if I am abusive
- ◆ Not use alcohol or drugs as an excuse for abusive behavior
- ◆ Treat other people the same way I want to be treated
- ◆ Take responsibility for my own life
- ◆ Not take responsibility for my partner's actions
- ◆ Get counseling if I am being abusive
- ◆ Recognize and accept my own needs and honor them
- ◆ Understand that relationships are only one part of my total life



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