

Relationship Rights & Responsibilities

In any relationship, you have the right to:

- Be treated with respect and equality
- Be yourself and have fun
- Choose and keep your own friends and activities
- Change your mind or say no – at any time – for any reason
- Value your body, thoughts, opinions, and property
- Never be emotionally, sexually, or physically hurt or abused
- End a relationship without any arguments or threats

In any relationship, you have the responsibility to:

- Treat everyone with respect, equality, and honesty
- Encourage individuality and dreams
- Respect your partner's decisions - even if you disagree
- Never humiliate or demean anyone
- Never pressure, control or manipulate anyone
- Never emotionally, sexually or physically hurt anyone
- Be responsible for yourself and your actions
- Respect yourself and speak up when you are upset or uncomfortable
- Never threaten to harm yourself as a way to hurt or control anyone*

* If you are thinking about harming yourself or someone else, talk to a trusted adult or call the National Suicide Prevention Lifeline 1-800-273-8255.

Need help for yourself or a friend?

If you think you may be in an abusive relationship talk to a trusted adult or contact the National Dating Abuse Helpline at 1-866-331-9474 (1-866-331-8453 TTY) or visit www.loveisrespect.org and chat online by clicking LIVE CHAT bubble. Help your friends by letting them know you care, offering to go with them to speak to an adult and sharing the Helpline information.

For more information go to www.lovehatsreal.com or call the Idaho Coalition Against Sexual & Domestic Violence at 1-208-384-0419 or 1-888-293-6118.

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Love What's Real

Real Moments. Real Relationships.



Do you love what's real?

You deserve relationships based on trust, respect, equality, and of course shared fun. Are your relationships real? Take this quiz and find out! Decide who's *consistently* doing the following in your relationship. Check all the boxes that apply.

Partner	Me	Neither	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Accept each other
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Equal say in relationship, plans, decisions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Always honest
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use kind words and touch – never hostile
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Respect decisions without being pushy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Share things we like about each other
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Supportive of personal goals and school
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Comforting when upset
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Solve problems calmly – no drama
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Respect space for friends, family, self
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Respect privacy including online
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Admit and correct mistakes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Trusting – not jealous or doubting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have fun and feel good about what we do

Add the number of checked boxes for the Me and Partner column totals. What does your score say about your relationship.

Scores 0-14: Not! Real relationships take two. Who's doing the work? This relationship could be one-sided or nobody's trying very hard. Hey – it could work with combined effort, but it may be time to get some help or talk to someone you trust.

Scores 15-21: Potentially. It might be time for you both to amp up your efforts if you really want it to work. Acknowledge the good, and work together to raise your score. If you're doing all the work, consider moving on to make room for a real healthy relationship! Remember – friends are great to practice healthy relationships with too.

Scores 22-28: Yes! Relationships based on trust, respect, and equality take time and effort and you are both doing your part. Keep up the good work, keep it real – and it can even get better! To learn more about healthy and unhealthy, even abusive, relationships, go to www.lovewhat'sreal.com or on Facebook at *Love What's Real*.