

WHAT ARE YOUR RIGHTS IN A RELATIONSHIP?

YOU HAVE THE RIGHT.....

- To express your opinions and have them be respected.
- To have your needs be as important as your partner's needs.
- To grow as an individual in your own way.
- To change your mind.
- To not take responsibility for your partner's behavior.
- To not be physically, emotionally, or sexually abused.
- And, you have the right to break up and fall out of love with someone and not be threatened.

ARE YOU BEING ABUSED?

ASK YOURSELF THESE QUESTIONS.....

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Are you constantly apologizing for your partner's behavior, especially when s/he has treated you badly?
- Do you have to justify everything you do, every place you go, or every person you see just to avoid your partner's anger?
- Does your partner put you down, but then tells you that they love you?
- Have you ever been hit, kicked, shoved, or had things thrown at you?
- Do you not see friends or family because of your partner's jealousy?
- Have you been forced into having sex when you didn't want to?
- Are you afraid to breakup because your partner has threatened to hurt you or his/herself?

ARE YOU BEING ABUSIVE?

ASK YOURSELF THESE QUESTIONS.....

- Do you constantly check up on your partner and accuse him/her of being with other people?
- Are you extremely jealous or possessive?
- Do you have an explosive temper?
- Have you hit, kicked, shoved, or thrown things at your partner?
- Do you constantly criticize or insult your partner?
- Do you become violent when you drink or use drugs?
- Have you threatened your partner or broken things in his/her presence?
- Have you forced your partner to have sex with you or intimidated him/her so s/he is afraid to say no?
- Have you threatened to hurt your partner?
- Have you threatened to hurt yourself if your partner breaks up with you or leaves?

For more information about resources in your area, visit www.projectrainbownet.org.
For immediate help, call the National Domestic Violence Hotline at 800-722-SAFE (7233).