

The Dating Bill of Rights



I have the right:

- ♥ To trust myself and my instincts.
- ♥ To refuse a date.
- ♥ To ask for a date.
- ♥ To suggest things to do.
- ♥ To refuse to do something, even if my date is excited about doing it.
- ♥ To be respected as a person.
- ♥ To disagree.
- ♥ To have my limits respected.
- ♥ To be listened to.
- ♥ To say "no."
- ♥ To be cared about.
- ♥ To refuse touching.
- ♥ To refuse sex with anyone, even after a date that costs a lot.
- ♥ To stop dating someone who puts me down in public or private.
- ♥ To leave a person who hits or slaps me.
- ♥ To break up with someone who hurts me, even if I love them.
- ♥ To break up with someone who hurts me, even if they love me.
- ♥ To break up with someone who makes me feel bad.
- ♥ To ask for help if I need it.

I have the responsibility:

- ♥ To set my sexual limits.
- ♥ To discuss my limits with my partner.
- ♥ To respect other people's sexual limits.
- ♥ To speak clearly and be honest.
- ♥ To take care of myself.
- ♥ To stay away from situations that might not be safe.
- ♥ To listen to other people.
- ♥ To care about other people.
- ♥ Not to expect sex after I spend a lot of money on a date.
- ♥ To never humiliate another person in public or private.
- ♥ To refuse touching when I don't want it.
- ♥ To refuse sex when I don't want it.
- ♥ Not to do something that makes me uncomfortable.

Adapted from Dating Bill of Rights developed by New Beginnings in Seattle, Washington

Available for downloading from our Web site at www.healthoregon.org/fp/

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