

Dating Bill Of Rights

I have the right:

- To ask for a date.
- To refuse a date.
- To suggest activities.
- To refuse any activities, even if my date is excited about them.
- To have my own feelings and be able to express them.
- To say I think my friend's information is wrong or her/his actions are unfair or inappropriate.
- To tell someone not to interrupt me.
- To have my limits and my values respected.
- To tell my partner when I need affection.
- To be heard.
- To refuse to lend money.
- To refuse affection.
- To refuse sex with anyone just because they took me out on an expensive date.
- To refuse sex anytime for any reason.
- To have friends and space aside from my partner.

I have the responsibility:

- To determine my limits and values.
- To respect/not violate the limits of others.
- To communicate clearly and honestly.
- To ask for help when I need it.
- To be considerate.
- To check my actions/decisions to determine if they are good for me or bad for me.
- To set high goals for myself in my dating relationships.

(From Dating Violence: An Anti-Victimization Program.)

(The Bridge Over Troubled Waters, Inc., Texas Council on Family Violence. © 1990)

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