



VOICES AGAINST VIOLENCE

UT Counseling & Mental Health Center

I HAVE THE RIGHT-



- To be treated with respect — always
- To be in a healthy relationship
- To not be abused — physically, sexually or emotionally

- To enjoy friends and activities apart from my romantic partner
- To express myself honestly
- To recognize my culture and identities
- To determine my values and set limits
- To decide what I share with whom
- To say no
- To feel safe in relationships
- To be treated as an equal
- To feel comfortable being myself
- To leave or stay in a relationship



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I HAVE THE RESPONSIBILITY-



- To communicate my values and limits
- To respect my romantic partner's limits, values, feelings, and privacy
- To accept my romantic partner's culture and identities
- To not abuse – physically, sexually, or emotionally
- To listen
- To be considerate
- To communicate clearly, honestly and respectfully
- To give my romantic partner space to enjoy activities and friendships outside of our relationship
- To not exert power or control in relationships
- To compromise when needed
- To admit to being wrong when appropriate
- To ask for help from friends, family and mentors

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