

MY Dated Individual Rights

I Have the RIGHT to:

- ✓ Trust myself and my instincts
- ✓ Ask for a date
- ✓ Refuse a date
- ✓ Suggest Activities
- ✓ Refuse any activities, even if my partner is excited about them
- ✓ Express my opinions and have them respected
- ✓ Be respected as a person
- ✓ Disagree
- ✓ Make mistakes
- ✓ Change my mind
- ✓ Have a partner who is faithful
- ✓ Tell my partner I want affection
- ✓ Refuse affection
- ✓ Be listened to
- ✓ Be cared about
- ✓ Refuse sex with anyone, anytime
- ✓ Not be hit, slapped or shoved
- ✓ Not be humiliated in public or private
- ✓ Break up with someone who hurts me, even if I love him
- ✓ Break up with someone who hurts me, even if they love me
- ✓ Ask for help if I need it



I Have the Responsibility to:

- ❖ Determine my limits
- ❖ Respect other people's limits
- ❖ Communicate clearly and honestly, if it's safe
- ❖ Take care of myself
- ❖ Ask for help if I need it

Help

For more information on where to turn, call the
Teen Peer Advocate Program of
Asian Counseling and Referral Service at
206-695-7600

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WARNING Signs of An Abusive Person

- **Jealousy**
Accuses you of cheating, follows you around, calls or text messages you frequently to check up on you
- **Controlling Behavior**
Makes you ask permission to do certain things, constantly questions who you spend your time with, what you did, where you went, talks for you when others ask you something
- **Isolation**
Tries to cut you off from all your friends, put down everyone important to you (friends, family, employers, teachers, etc), doesn't "let" you talk on the phone or go out with your friends, comes up with excuses so that you can't be with other people
- **Overly Sensitive**
Looks for fights, sees everything as a personal attack toward them, blows little things out of proportion
- **Disrespectful or Cruel to Others**
Doesn't treat others with respect, insensitive to the pain or suffering of others, doesn't care about hurting other people's feelings
- **Rigid Sex Roles**
Believes that men are superior to women, believes that people can't be complete without a partner, believes that one person in relationship makes all the decisions
- **Doesn't Respect Your Privacy or Property**
Reads your diary, destroys pictures of ex-partners, breaks items that are special to you, takes items of yours without asking
- **"Playful" Use of Forcing in Sex**
Makes sexually degrading jokes or remarks about you, isn't concerned about whether you want sex or not, sulks to manipulate you into having sex when you don't want to
- **Past Abusive Behavior Toward A Partner**
You hear rumors that they've been abusive to a partner in the past, or they deny the abuse and blame the victim for trying to make them look bad or "get back at them" for something
- **Early Abusive Behaviors**
Throws objects at, or near you, threatens you with violence, physically restrains you from leaving a room, pushes or shoves you, verbally abuses you or calls you names.



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