



Life Relationship Notes

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DATING WITH SAFETY

Great and thriving dating relationships are built on safety, which provides the best possible environment for emotional intimacy to develop. Since emotional intimacy takes people to some of the most vulnerable places a relationship can go, the risks are great. To have a foundation of safety built into your relationship makes opening up significantly easier. In order to create a safe and healthy dating relationship, both individuals must be committed to protecting themselves as well as their partner. The bottom line: Healthy dating entails both rights and responsibilities.

Dating bill of rights and responsibilities adapted from ChooseRespect.org

You have certain rights and responsibilities in a dating relationship. Here are some examples. Personalize these for yourself, and make a commitment to stick by them.

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 respect and value my body, feelings, beliefs, and property
- To have friends and activities apart from my boyfriend or girlfriend
- To set limits and values
- To say no
- To feel safe in the relationship
- To be treated as an equal
- To feel comfortable being myself
- To leave a relationship

I have the responsibility:

- To determine my limits and values
- To respect my boyfriend's or girlfriend's limits, values, feelings, and beliefs
- To refuse to abuse - physically, sexually, or emotionally
- To be considerate
- To communicate clearly and honestly
- To give my boyfriend or girlfriend space to be his or her own person
- To not exert power or control in the relationship
- To compromise when needed
- To admit to being wrong when appropriate
- To ask for help from friends, family, and trusted adults

SAVE THE DATE: Dating Workshop - October 17th

Want to learn more about healthy dating? The Center for Relationship Enrichment will be hosting a dating workshop at JBU on **October 17th**. Details will follow.