



## **Your Rights in a Relationship**

### **You have the right...**

- To express your opinions and emotions and have them respected by your partner
- To have your needs be as important as your partner's needs
- To grow as an individual in your own way
- To change your mind, refuse requests, and say no
- To not take responsibility for your partner's behavior
- To not be physically, emotionally, or sexually abused
- To have control over your own body, physically and sexually
- To have relationships with friends, co-workers, and family
- To pursue your own goals and dreams
- To seek mutually satisfying resolutions to conflict
- To share financial decisions
- To have a mutually agreed upon distribution of work
- To feel anger over past abuse
- To choose to change your situation
- To request assistance from police or social agencies
- To take legal action against your abuser
- To not be perfect
- To feel safe, always

### **UCF Victim Services**

Emergency: 911 ♦ 24/7 Advocacy & Support: (407) 823-1200  
victimservices.ucf.edu ♦ askanadvocate@ucf.edu