



HANDOUT

MY RIGHTS IN A RELATIONSHIP⁹⁶

Activity 4

I have the right

- to refuse to go out with someone without feeling guilty about it
- to ask someone for a date and take rejection gracefully
- to have pleasurable, happy, positive, healthy and fulfilling relationships
- to privacy (personal time and space, mobile, internet, social networks).
- to be respected and have my needs heard and met
- to express my gender identity as I define it for myself, without being judged
- to express my sexual identity as I define it for myself, openly and freely
- to be myself and be fully accepted of who I am
- to pursue my goals and my dreams without my partner restricting me or making me feel guilty about it
- to feel I matter and that I am important
- to say “no” to physical closeness or intimacy
- to choose for myself if I would like to have sex or not
- to not have sex at all with a partner I am romantically drawn to
- to refuse to have sex for whatever reason and to change my mind if I had said yes before
- to have pleasurable sex
- to ask for what I like during sex
- not to engage in any sexual acts I find uncomfortable or not for me to say, “I want to get to know you better before I become more involved.”
- to have an equal relationship.
- to express or not express my feelings
- to have friends and space aside from my partner.
- to tell my partner when I need affection.
- express my opinions and have them respected.
- to have space and freedom in my relationship
- to have my needs be just as important as my partner’s needs.
- to grow as an individual, in my own way, at my own pace.
- to not take responsibility for my partner’s behaviour.
- to break up and fall out of love with someone and not be threatened.
- to say, “I don’t want to be in this relationship anymore.”
- not to be abused physically, sexually, or emotionally.
- I always have the right to be safe

⁹⁶Adapted from the manual: GEAR against IPV”. Booklet IV: Students’ Activity Book. (Rev. ed.). Athens: European Anti-Violence Network. Downloadable at <https://www.gear-ipv.eu/>

Note: The above can be reprinted as a handout and given out as recourse material in each workshop. In this way, it could act as a powerful nudge of validation to young persons who may be struggling in private.