



**CLAIM YOUR**  
DATING RIGHTS

**YOU HAVE THE RIGHT TO:**

- ♥ Be treated as an equal
- ♥ Make decisions about your own body
- ♥ Choose your own friends
- ♥ End a relationship
- ♥ Be loved in a caring way
- ♥ Be happy
- ♥ Be treated with respect
- ♥ Express your own thoughts and opinions
- ♥ Live without fear or intimidation
- ♥ Feel good about yourself
- ♥ Choose what to wear
- ♥ Make decisions for yourself
- ♥ Say no
- ♥ Change your mind
- ♥ Spend time with your family
- ♥ Be safe
- ♥ Private use of your cell phone or computer
- ♥ Spend time doing things that interest you

**PROVIDED BY:**



SOROPTIMIST  
Best for Women®





## TAKE THE DATING QUIZ

### HAS YOUR BOYFRIEND/GIRLFRIEND:

- ▶ Shoved, kicked or slapped you?
- ▶ Humiliated you or made you feel stupid?
- ▶ Forced you to have sex?
- ▶ Pressured you to use drugs or alcohol?
- ▶ Been overly jealous or possessive?

### DOES YOUR BOYFRIEND/GIRLFRIEND:

- ▶ Spread rumors about you?
- ▶ Share private pictures of you through the web?
- ▶ Harass you via phone or text messaging?
- ▶ Give orders or make all the decisions?
- ▶ Embarrass you in front of others?
- ▶ Act in ways that frighten you?
- ▶ Try to control who you see, what you do, what you wear?
- ▶ Monitor your computer and/or cell phone use?
- ▶ Get angry at you often or quickly?

**If you answered yes to one or more of these questions, you may be in an abusive relationship.**

You can talk one-on-one with someone who can help. Call the National Teen Dating Violence hotline 1.866.331.9474, text love is to 22522, or visit **[WWW.LOVEISRESPECT.ORG](http://WWW.LOVEISRESPECT.ORG)**.

Take action to end teen dating abuse at **[WWW.LIVEYOURDREAM.ORG](http://WWW.LIVEYOURDREAM.ORG)**!