

SPEAK

PREVENT. RESPOND. EMPOWER.

Rights

- I have the right not to be abused or bullied—physically, emotionally, or sexually
- I have the right to end a friendship or “fall out of love” with someone
- I have the right to express my own opinions
- I have the right to have my needs be as important as my friend’s or partner’s needs
- I have the right to grow as an individual and not be criticized for it
- I have the right to accept responsibility for my own behavior, not someone else’s behavior
- I have the right to change my mind
- I have the right to have my own friends
- I have the right to say “NO”
- I have the right to be respected and loved, and to live a peaceful life

Responsibilities

- It is my responsibility to not abuse or bully my friends or dating partners
- I cannot blame anyone else but myself if I am abusive
- Alcohol or drugs cannot be used as an excuse for abuse
- It is my responsibility to treat other people the way I want to be treated
- I am responsible for my own actions, not my friends’ or dating partners’
- It is my responsibility to change my behaviors if I am being abusive
- It is my responsibility to understand that a friendship or relationship is only one part of my life
- I am responsible for my own life



LOVE IS...

Trust	→	Not Jealousy
Communication	→	Not Manipulation
Compromise	→	Not Intimidation
Friendship	→	Not Obsession
Respect	→	Not Threats



24-Hour Call or Text Hotline

866-685-1122