

DATER'S BILL OF RIGHTS

- I have the right to refuse a date without feeling guilty.
- I can say "NO" if I don't want to be physically close.
- I can ask for a date without feeling rejected by a "NO".
- I have the right not to change or blame myself if I am told a relationship is changing.
- I have the right to start a relationship slowly, to say, "I want to know you better before I get involved."
- I have the right, in any relationship, to be considered an equal
- I have the right to feel comfortable with who I am and how I look
- I have the right to be myself without changing to suit others.
- I have the right to change my goals whenever I want to.
- I have the right not to be physically or emotionally abused in any relationship.
- I have the right not to manipulate or be manipulated.

- I have the right to believe in myself!

WHAT CAN YOU DO...

...if a friend tells you they are being abused?

- ☞ Listen to your friend.
- ☞ Say it is not their fault.
- ☞ Let them decide what to do.

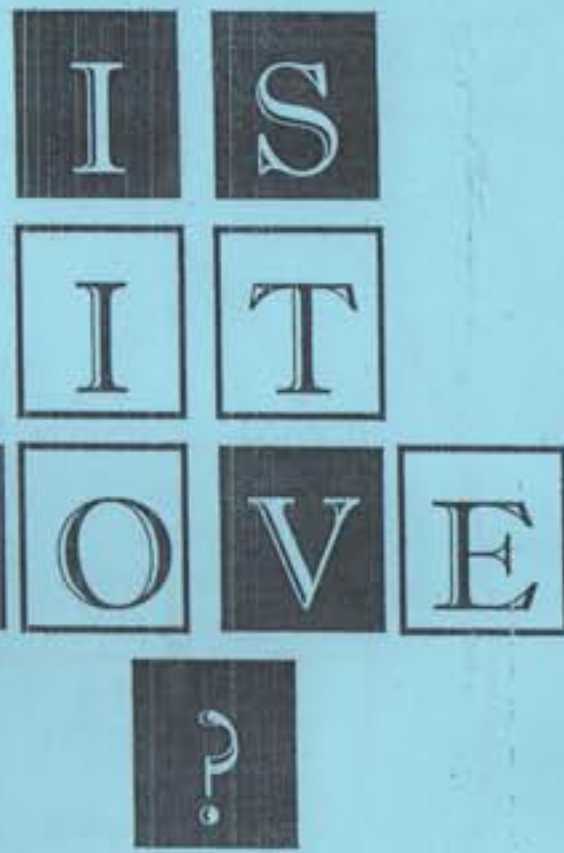
...if you are being abused?

- ☞ It is NOT your fault.
- ☞ Recognize the abuse.
- ☞ Talk to someone.
- ☞ Abuse only gets worse.

This pamphlet is sponsored in part by the Office of the Attorney General: Division of Victim Services.

CIS is available to all people without regard to race, color, sex, national origin, religion, political beliefs, sexual preference, ability or disability.

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CRISIS INTERVENTION SERVICES



Cody Office
1220 13th Street
Cody, Wyoming
307-587-3545

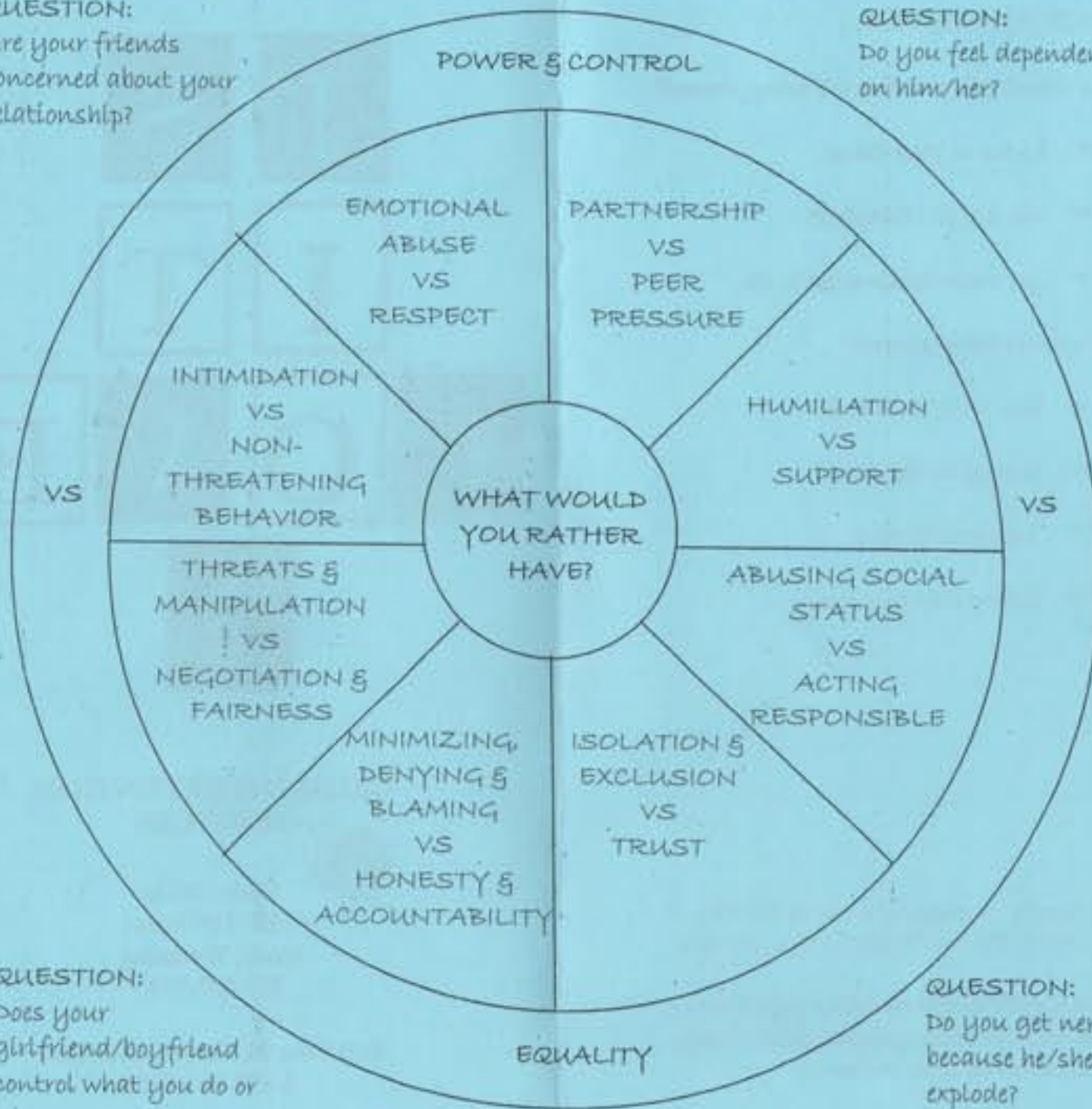
Toll Free 24 Hour Crisis Line:
1-877-864-9688

Powell Office
335 N. Gilbert Street
Powell, Wyoming
307-754-7959

Powell Office is handicap accessible

QUESTION:
Are your friends concerned about your relationship?

QUESTION:
Do you feel dependent on him/her?



QUESTION:
Does your girlfriend/boyfriend control what you do or where you go?

QUESTION:
Do you get nervous because he/she may explode?

A RELATIONSHIP FULL OF CONTROL IS REALLY OUT OF CONTROL.

WHAT IS ABUSE?

- ☞ Extreme jealousy that keeps you away from family or friends.
- ☞ Insults or put-downs
- ☞ Threats
- ☞ Someone controlling your every move
- ☞ Tickling or hugging if it is unwanted
- ☞ Unwanted sexual advances or comments
- ☞ Punching, kicking, slapping, shaking, pushing or restraining someone

BE SAFE

- ☞ Talk to each other about what you want in a relationship
- ☞ Choose who you want to date instead of being chosen
- ☞ Trust your instincts
- ☞ Stay in control of what is going on
- ☞ Don't be alone on the first date with someone you don't know
- ☞ Get to know someone before you get too involved