

## 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.

We believe all people have a right to a life free of physical violence, sexual assault, verbal/emotional abuse, and restriction of personal liberties.

We believe that violence is a societal problem, a learned behavior, and with intervention and education, the cycle of violence can be broken.

We believe in the worth, dignity, and uniqueness of the individual, and we support these values through education, personal growth, self-reliance, and self-determination.

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

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# Is it Love?

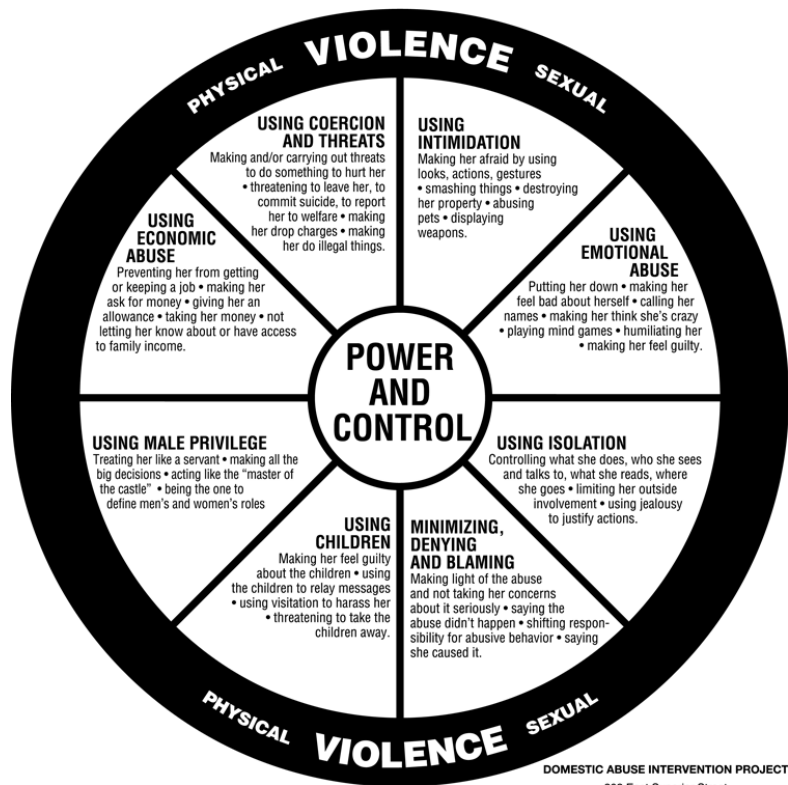
**Toll Free 24-Hour Crisis Line**  
**1-877-864-9688**

Cody Office  
1220 13th St.  
Cody, WY  
307-272-4754

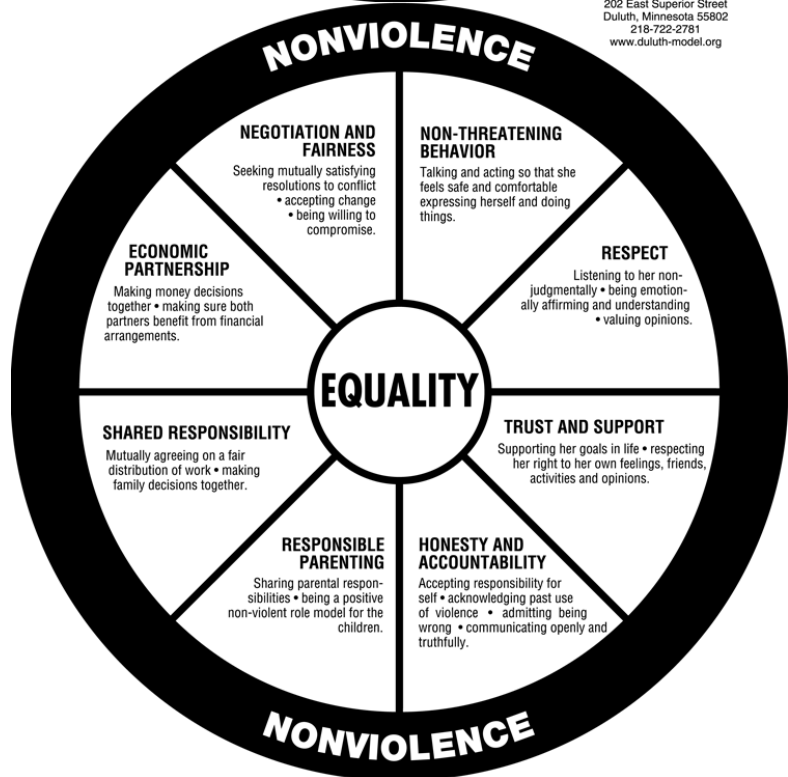
Powell Office\*  
335 N. Gilbert Street  
Powell, WY  
307-754-7959  
Fax: 307-754-4448

\*Powell office is ADA accessible





DOMESTIC ABUSE INTERVENTION PROJECT  
202 East Superior Street  
Duluth, Minnesota 55802  
218-722-2781  
www.duluth-model.org



## Questions:

Are your friends concerned about your relationship?

Do you feel dependent on him/her?

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

Do you get nervous because he/she may explode?

What would you rather have?

Emotional abuse vs. respect

Partnership vs peer pressure

Humiliation vs. support

Abusing social status vs acting responsible

Isolation & exclusion vs. trust

Minimizing , denying & blaming vs. honesty & accountability

Threats & manipulation vs. negotiation & fairness

Intimidation vs. negotiation & fairness

## 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