

Everybody Needs Love. Nobody Needs Abuse.

Know the difference?

LOVE

HONESTY

Communicating openly and truthfully

TRUST

Respecting personal time

SAFETY

Boundaries are respected

FREEDOM

It's cool to have separate friends

PHYSICAL CARING

Respecting physical boundaries

HEALTHY COMMUNICATION

Listening deeply



ABUSE

DISHONESTY

Lying about feelings or actions

CONTROL

Keeping tabs and constant check-ins

FEAR

Forcing physical intimacy

ISOLATION

Only hanging out as a couple alone

PHYSICAL VIOLENCE

Hurting or threatening to hurt a person

VERBAL ABUSE

Criticizing

DOVE has counselors for adults
& students. For support, call
617 770 4065 x 300

24-Hour Hotline: 617.471.1234
or 1.888.314.DOVE (3683)



Community Advocacy & Prevention Services 617.770.4065
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Relationship Bill of Rights

I have the right to...

Say yes, no, or maybe to a relationship
My own friends and separate time
Privacy of my phone, passwords, and accounts
Choose how and when to be physical - or not to be
Change my mind at any time
Never be controlled or abused
Get help if I am being abused or abusing someone
Love who I love
End a relationship without guilt or fear
Be fully myself



To get advice about a relationship, text 22522,
call 1.866.331.9474, or chat at: loveisrespect.org