

# Prevention Pathways

## *Online Courses*

### Basic Rights in a Relationship

- The right to emotional support
- The right to be heard by the other (he listens to you) and to be answered with courtesy
- The right to have your own view, even if your mate has a different view
- The right to have your own feelings and experience recognized
- The right to receive a sincere apology for any jokes you find offensive
- The right to clear and informative answers to questions that concern what is your business
- The right to live free from accusations and blame
- The right to live free from criticism and judgment
- The right to have your work and your interests spoken of with respect
- The right to encouragement
- The right to live free from emotional and physical threat
- The right to live free from coerced drinking, drug use, or sex
- The right to live free from angry outbursts and rage
- The right to not be called by a name that devalues you
- The right to be asked with respect, rather than ordered
- The right to be treated with respect, which means your boyfriend or partner:
  - Is willing to compromise
  - Lets you feel comfortable being yourself
  - Is able to admit to being wrong
  - Tries to resolve conflict by talking honestly
  - Enables you to feel safe being with him
  - Respects your feelings, your opinions, and your friends
  - Accepts your saying no to things you do not want to do (such as sex or drinking)
  - Accepts your changing your mind
  - Accepts your wishes if you want to end the relationship

<http://www.samhsa.gov/preventionpathways>