

WE ARE HERE TO
HELP YOU STEP UP
AND SPEAK OUT.

National Domestic Violence Hotline
1-800-799-SAFE (7233)
www.ndvh.org

National Sexual Assault Hotline
1-800-656-HOPE (4673)
www.rainn.org

National Teen Dating Abuse Helpline
1-866-331-9474
www.loveisrespect.org

Learn more about healthy
relationships.

www.stepupspeakout.org
www.canikissyou.org
www.thedatesafeproject.org

Nebraska Domestic Violence
Sexual Assault Coalition
Lincoln, Nebraska | (402) 476-6256
www.ndvsac.org
www.stepupspeakout.org

Nebraska's coalition of domestic violence and sexual assault agencies provide access to safety and shelter across our entire state. For the program nearest you visit www.ndvsac.org or call 1-800-799-SAFE (7233) or 1-800-656-HOPE (4673).

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KIND
POSITIVE
COMPLIMENTARY
UNCONDITIONAL
EMPOWERING
FUN
EASY TO TALK TO
FORGIVING
LOVING
HONEST
HAPPY
CONVERSATIONAL
NICE

**STEP UP
SPEAK OUT**

FRIENDLY
CONSIDERATE

**WHAT WORDS DO YOU USE
TO DESCRIBE A HEALTHY
RELATIONSHIP?**

**IN ALL RELATIONSHIPS,
YOU HAVE PERSONAL RIGHTS.**

TEEN BILL OF RIGHTS

I have the right to . . .

- Be treated with respect.
- Trust my instincts.
- Say "no" and be heard.
- Have my privacy respected.
- Accept a gift without having to give anything in return.
- Ask for help if I need it.
- Have someone point out my strengths and assets.
- Have loved ones support me.
- Have private time and my own space.
- Have others listen to what I have to say—even if they don't agree.
- Live a violence-free life.
- Be good to myself.

I have the responsibility to . . .

- Communicate my thoughts, ideas and feelings clearly.
- Stick to my limits and boundaries.
- Respect the limits and boundaries of others.
- Listen to what others have to say and have the right to reject their ideas, but not the person.
- Treat others as my equal.
- Treat others as I wish to be treated.

I HAVE THE RIGHT TO BE SAFE AND HAPPY!

YOUR RELATIONSHIPS ARE IMPORTANT.

Understand when your relationship is healthy and when it's not.

Your relationship is healthy, if...

- You trust your partner.
- Your partner empowers you to be the best you can.
- Your partner likes your friends, encourages you to spend time with them and includes your friends in both of your lives.
- You make important decisions together.
- Your partner understands when you spend time away from him/her.
- You don't have to lie to protect your partner's reputation or cover for his/her mistakes.
- Your partner encourages you to enjoy different activities (like joining a sports team, running for student government or being involved in hobbies that make you happy).
- Your partner listens to your dreams and helps you reach your goals.
- Your partner likes you for who you are—not just because you look a certain way.
- You are not afraid to say what you think and why you think a certain way. You enjoy hearing how your partner views things and don't always have to agree.
- You have both a friendship and a physical attraction.
- You don't have to be with your partner 24/7.

If you don't think you are in a healthy relationship—**get out, get help, speak out.**

If you don't think your friend is in a healthy relationship—**step up, speak out.**

HEALTHY RELATIONSHIPS ARE BASED ON:

EQUALITY
Equal rights exist for both partners. Each person respects, trusts and believes the other—showing this in a positive manner while working to build the other person up, even when they disagree with his/her viewpoint.

RESPECT FOR BOUNDARIES
Boundaries are the physical, sexual and emotional limits you establish in your relationships. In a positive relationship you listen to your partner's wishes and don't cross his/her boundaries.

OPEN COMMUNICATION
In a healthy relationship you are able to talk about anything and know you will be heard. This means both partners are willing to give and take. Each person feels confident they can speak and their opinion will be heard and respected, even when the other person disagrees.

TRUST AND COMMITMENT
In a healthy relationship, you can have the confidence that your partner's intentions are always positive—you can trust him/her. He/she is committed to you and will take your wishes and thoughts into consideration when making decisions, just as you are committed to doing the same for him/her.

HAVING A SAFETY PLAN HELPS PROTECT YOU.

Sometimes relationships aren't healthy. Being prepared helps you stay safe.

TEEN SAFETY PLAN

I always have the right to feel safe—no matter who I am hanging out with.

If I feel I am being abused in a relationship, to increase my safety, I can do (some or any of) the following:

1. I can ask my parents or other family members to screen my calls, texts, emails and visitors. I have the right to not receive harassing phone calls, texts and/or emails.
2. I have a list of people I can call, text or email at any time if I am feeling threatened and they will help me.
3. After ending the relationship, I have made a list of people who will help me call the police if they see my abuser bothering me.
4. When I have to talk to my abuser in person, I can: _____
5. When I talk to my abuser on the phone, I can: _____
6. I will make up a "code word" for my family, teachers and/or friends, so they know when to call help for me.

I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family, co-workers and school personnel can help protect me, if they know what is happening and how they can help.

- If I feel down I can talk to sources of support, like friends, neighbors, teachers, youth ministers or a crisis line.
- I can attend a support group for teens who have been abused.
- Other things I can do to help make myself better are: _____

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SPEAK
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