

Dating Bill of Rights

You have the right:

- To always be treated with respect.
- To be you.
- To put yourself first.
- To be human not perfect.
- You should feel safe in your relationship at all times.
- You have the right to say No.
- To refuse sex or affection at any time.
- To have friends and activities apart from your partner.
- To end a relationship for any reason you chose and not feel threatened, harassed, or guilty about it.

You have the right to your own privacy.

- Spending time by yourself with male or female friends, or with family is normal and healthy.
- You should feel safe in your relationship at all times.

Abuse is never deserved and is never your fault.

- Conflicts should be resolved in a peaceful and rational way.
- To control your own money.

If you or someone you know is being abused, we offer confidential Survivor Advocacy Services on

Campus:

Crisis intervention

Education on reporting options

Advocacy with law enforcement, Student Conduct and Ethical

Development, housing and academic assistance

Accompaniment to interviews with law enforcement, court, Student Conduct and Ethical Development, Title IX, and the hospital

Assistance with restraining orders and Victim Compensation applications

Referrals to campus and community services

For more information or to speak with the campus advocate, you may contact: (909) 537-5040 Marina.Wood@csusb.edu.

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There are also confidential services off-campus.

Option House's office number: (909) 383-1602

National DV 24 hour hotline: (800) 799-7233

Chat with a DV advocate at www.thehotline.org

Other Important Contacts

University Police: 911 or 909-537-7777

Campus Escort Service: 909-537-5165

San Bernardino City Police: 909-383-5311

Student Health Center: 909-537-5241

Residence Life Office: 909-537-4155

Student Conduct & Ethical Dev. : 909-537-7172

Counseling & Psychological Services: 909-537-5040

National Domestic Violence hotline: 800-799-7233

Cal State University San Bernardino

Advocate Services

5500 University Parkway,

San Bernardino, CA 92407

HC-165



How to have a Healthy relationship

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5500 University Parkway,

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HC-165

A Healthy Relationship:

Means both you and your partner are...

Communicating:

You talk openly about problems without shouting or yelling.

- Listen to one another
- Hear each other out
- Respect each other's opinions
- Are willing to compromise

Respectful: You value each other as you are. Culture, beliefs, opinions, and boundaries are valued. You treat each other in a way that demonstrates the high esteem you hold for one another.

Trusting: You both trust each other and the trust has been earned.

Honest: You are both honest with each other but can still choose to keep certain things private. For example, you both know it is important to be honest about things that affect or involve the relationship and still know that it is okay to keep certain things private.

Equal: You make decisions together and hold each other to the same standards.

Enjoy personal space: You both enjoy spending time apart and respect when one of you voices a need for space.

Make consensual sexual decisions: Talk openly about sexual decisions together. Both agree to sexual activity and can talk openly about what is okay and what isn't. If you're having sex, talk about possible consequences together, such as pregnancy or STD. Decide together how to address these things, such as through condoms and other birth control methods.

An Abusive Relationship

Starts when just one of you...

Communicates abusively: One partner communicates abusively during arguments or any other time. This includes but is not limited to: Screaming, Cussing, Threatening, Name calling/Insults

Is Disrespectful through abuse: One partner intentionally and continuously disregards your feelings and physical safety. One partner crosses physical boundaries.

Not trusting to the point of abuse: Falsely accuses the other of flirting or cheating, often harming their partner verbally or physically as a result.



Dishonest about abuse: The abusive partner doesn't take responsibility for the abuse, but instead denies or minimizes their verbally or violent behaviors. They try to blame the other for the harm they are doing.

Controls the other partner: There is no equality in the relationship. What one partner says goes and if the other partner tries to change this, abuse increases.

Isolates the other partner: One partner controls where the other one goes, who the other partner sees and talks to. The other partner has no personal space.

Forces sexual activity: Sexual activity is determined by only one partner. Threats and violence are used prior to or during sexual activity.

An Unhealthy Relationship

Starts when even just one of you is...

Not Communicating: Problems are discussed calmly, or not talked about at all. You don't listen to each other or try to compromise.

- Walking away from an argument
- Avoiding conflict
- Holding grudges
- Silent treatment

Disrespectful: One or both partners are inconsiderate toward the other, one or both partners don't treat each other in a way that shows care.

Not Trusting: You are suspicious that your partner is doing things behind your back, or your partner is suspicious of your loyalty without reason.

Dishonest: One or both partners are telling lies to each other.

Trying to take control: One or both partners see their desires or decisions as more important. One or both partners are focused on only getting their way.

Feeling smothered or forgetting to spend time with others: So much time is spent together that one partner begins to feel uncomfortable and ignoring friends, family, and other things that used to be important to them.

Pressuring the other into sexual activity or ignoring consequences: One partner attempts to coerce the other partner into not using protection or into doing activities they aren't comfortable with.