



You have the right to form and maintain relationships of your choosing. These relationships—whether friendships, romantic partnerships, or familial bonds — are essential for emotional well-being, personal growth, and community inclusion. At the same time, understanding one's responsibilities within relationships is important for building healthy, respectful, and mutually fulfilling connections.



What are my rights?

- Deciding who you want in your life: You can choose who you interact with, set boundaries, and say "no" to unwanted attention or relationships.
- Privacy: You do not have to share your personal thoughts and feelings if you do not want to share them.
- Safety: You have the right to be safe and protected from abuse, exploitation, or neglect. This includes physical, emotional, and sexual safety.
- Education: You have the right to receive education and support about healthy relationships, sexuality, consent, and communication.



What are my responsibilities?

- Respect others: Just as you expect respect, you are responsible for respecting the rights and boundaries of others. You are responsible for ensuring that all interactions, especially physical and romantic ones, are consensual and that consent is ongoing and mutual.
- Communicate openly: Honest and clear communication is essential. This includes expressing your feelings and listening to others.
- Seek help: Always report behavior that you feel violates your rights, privacy, or safety. If a relationship feels unsafe or confusing, seek support from trusted people or professionals.

Find more info and resources related to your right to maintain relationships at personcenteredservices.com/relationships.