

RIGHTS FOR WOMEN IN INTIMATE RELATIONSHIPS

- The right to live free of violence from your intimate partner.
- The right to be respected, valued and appreciated for the contributions and talents you bring to the relationship.
- The right to have and express opinions that are different from your partner without fear of criticism or other repercussions.
- The right to share equally with your partner in all decisions related to your relationship, children, home and finances. The right to a fair and negotiated distribution of labour in the home.
- The right to be an independent person able to explore your own goals and needs without feeling guilty, selfish or afraid.
- The right to have friendships with both women and men outside of your relationship.
- The right to self-determination of your body - to enjoy or refuse sexual activity, to expect and participate in safe sexual practices, to choose whether you wish to use birth control methods, to choose whether you wish to have children or become pregnant, as well as to determine your comfortable body size, dress and appearance.
- The right to have your emotional, physical and intellectual needs be as important as the needs of your partner.
- The right to expect your partner to listen to and participate in resolving the difficulties in the relationship in ways that are not threatening, coercive or abusive.
- The right to seek out professional help or other forms of support with your relationship.
- The right to freedom of movement.
- The right to terminate the relationship regardless of whether your partner may be promising to change or go to counselling.
- The right to not blame yourself if the relationship you have invested in ends.
- The right to take action to end the abuse by your partner without guilt or self-blame.
- The right to expect and pursue a fair and equitable distribution of assets, property and support payments where necessary.