**RELATIONSHIP BILL OF RIGHTS**

You have the right, without shame, blame or guilt:

In all intimate relationships:

• to be free from coercion, violence and intimidation

• to choose the level of involvement and intimacy you want

• to revoke consent to any form of intimacy at any time

• to be told the truth

• to say no to requests

• to hold and express differing points of view

• to feel all your emotions

• to feel and communicate your emotions and needs

• to set boundaries concerning your privacy needs

• to set clear limits on the obligations you will make

• to seek balance between what you give to the relationship and what is given back to you

• to know that your partner will work with you to resolve problems that arise

• to choose whether you want a monogamous or polyamorous relationship

• to grow and change

• to make mistakes

• to end a relationship

In poly relationships:

• to decide how many partners you want

• to choose your own partners

• to have an equal say with each of your partners in deciding the form your relationship with that partner will take

• to choose the level of time and investment you will offer to each partner

• to understand clearly any rules that will apply to your relationship before entering into it

• to discuss with your partners decisions that affect you

• to have time alone with each of your partners

• to enjoy passion and special moments with each of your partners

In a poly network:

• to choose the level of involvement and intimacy you want with your partners’ other partners

• to be treated with courtesy

• to seek compromise

• to have relationships with people, not with relationships

• to have plans made with your partner be respected; for instance, not changed at the last minute for trivial reasons

• to be treated as a peer of every other person, not as a subordinate