Healthy relationships are based on mutual RESPECT

in which partners are treated EQUALLY

and neither attempts to control the other

Equality Wheel

NON-VIOLENCE

ECONOMIC PARTNERSHIP

- Making financial decisions together and negotiating shared expenses
- · Supporting each other's job/career and educational goals
- · Giving gifts freely and without expectation for anything in return
 - . Ensuring that both partners benefit from financial arrangements

RESPECT CULTURE &

Encouraging partner to practice

. Sharing parts of own culture or

religion and learning about

· Respecting values and

asking partner to go

against them

traditions and not

and express her/his religion

partners'

RELIGION

AFFECTION & COMFORT

- Respecting partner even when angry or disappointed
- Expressing affection and love through words and actions
- · Comforting partner in times of grief and sorrow
- · Encouraging partner to be fully themselves and express positive and negative emotions

SEXUAL HEALTH/SAFETY

- · Practicing safe sex, if sexually active
- Engaging only in acts that are consensual and comfortable for both parties
- Getting tested for sexually transmitted infections before engaging in sexual activity
- Being honest about sexual history

TRUST & SUPPORT

- · Encouraging partner's goals, talents,
- not easy- they require a lot of work by both on they · Valuing partner's feelings and opinions even when different from own
 - . Trusting partner and being trustworthy
 - ationships are not · Supporting partner's friendships, outside activities/interests, and feelings/ Instincts

EQUALITY

RESPECT

Listenina

actively

· Valuing partner's

opinion and asking for

· Accepting and honoring

partner's positive and

boundaries and privacy

negative emotions

It when making decisions

· Respecting partner's personal

NEGOTIATION & FAIRNESS

- · Working to create win-win solutions
- Compromising to reach a fair solution
- the althy relations have time, energy, communication, patience insensual differences all solutions air solution on strategies, we listening, etc. Using healthy communication strategies, such as "I" statements, active listening, etc.

HONESTY & ACCOUNTABILITY

- · Communicating openly and truthfully
- . Saying "I'm sorry" or "I was wrong"
- · Accepting responsibility for any violence in the past
- . Speaking about anger, hurt feelings, lealousy, etc.

SHARED RESPONSIBILITY

- Taking turns making plans
- Making major decisions in the relationship as a team
- · Keeping each other safe (no risky driving or unprotected sex, etc.)

RESPONSIBLE PARENTING

- Communicating and making responsible decisions about pregnancy
 - Protecting children from violence and danger
 - Sharing parenting responsibility and decision-making
 - · Keeping children out of partner conflict

NON-VIOLENCE

Everyone has the right to be in a healthy relationship or to end an unhealthy one.

Mayor's Office to **End Domestic and Gender-Based Violence**

Healthy Relationship Training Academy

sted for teners who are nursawy and homeless, leeblan(gsythiessusthranegenders)useficining (LGBTD), immigranta, pre torond sexual acts Jenssens-Sannos, Shreys, 2005. CONNECT Curriculum: Teer Dating Violence: A Curriculum for Im the Domestic Abuse Intervention Project, 202 East Superior St, Dukuth, Minnesota 55800; Phone: (218) 722-2781; www.