Healthy relationships are based on mutual respect in which partners are treated equally and neither attempts to control the other.

**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 & RELIGION**
- Encouraging partner to practice and express her/his religion
- Sharing parts of own culture or religion and learning about partners’
- Respecting values and traditions and not asking partner to go against them

**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, and strengths
- Valuing partner’s feelings and opinions even when different from own
- Trusting partner and being trustworthy
- Supporting partner’s friendships, outside activities/interests, and feelings/instincts

**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, jealousy, etc.

**ECONOMIC PARTNERSHIP**
- 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

**RESPECT**
- Listening actively
- Valuing partner’s opinion and asking for it when making decisions
- Accepting and honoring partner’s positive and negative emotions
- Respecting partner’s personal boundaries and privacy

**NEGOTIATION & FAIRNESS**
- Working to create win-win solutions
- Compromising to reach a fair solution
- Using healthy communication strategies, such as “I” statements, active listening, etc.

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