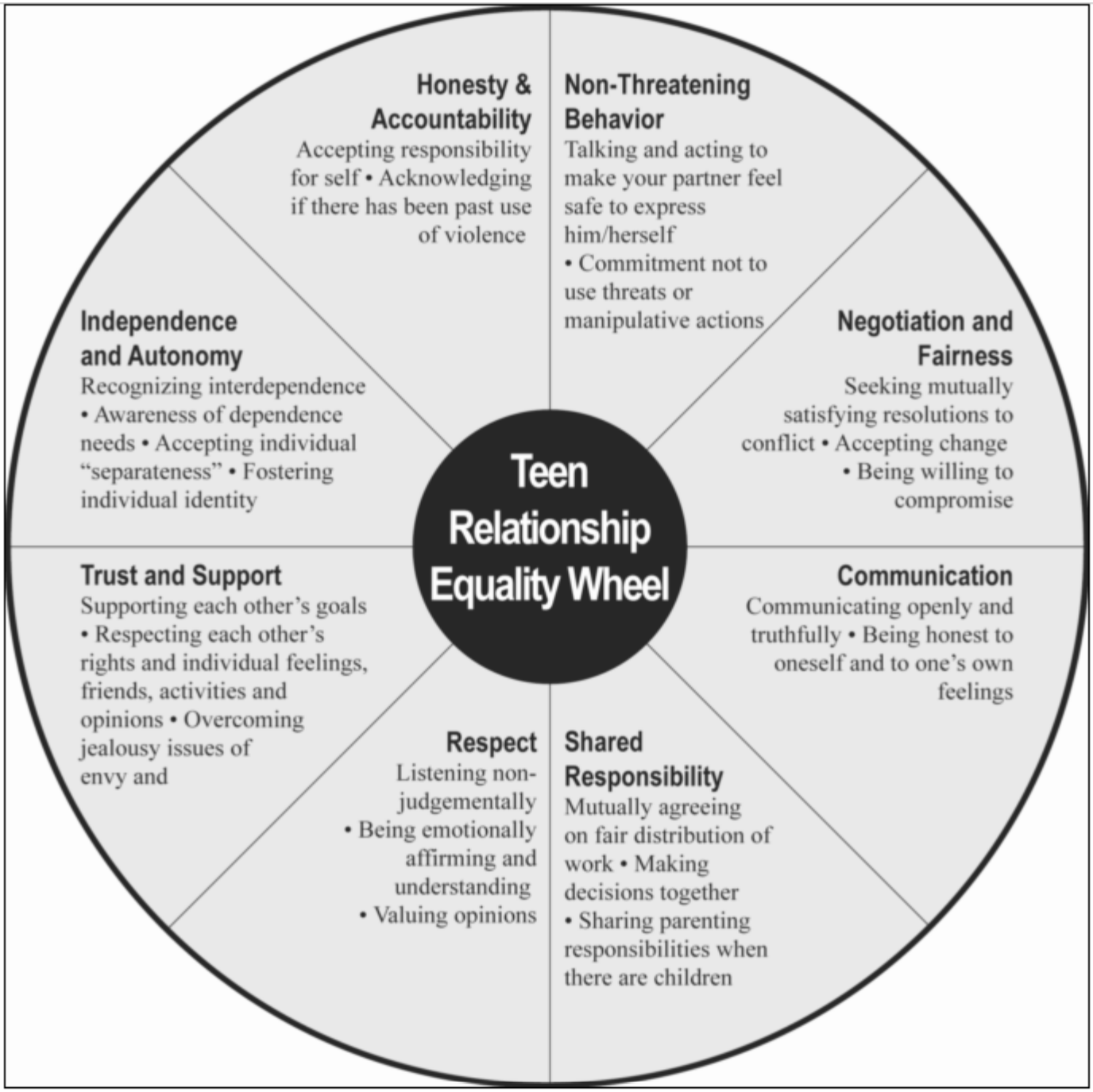
Teen Relationship Equality Wheel
Honesty & Accountability
Accepting responsibility for self • Acknowledging if there has been past use of violence
Non-Threatening Behavior
Talking and acting to make your partner feel safe to express him/herself
• Commitment not to use threats or manipulative actions
Negotiation and Fairness
Seeking mutually satisfying resolutions to conflict • Accepting change • Being willing to compromise
Communication
Communicating openly and truthfully • Being honest to oneself and to one's own feelings
Shared Responsibility
Mutually agreeing on fair distribution of work • Making decisions together
• Sharing parenting responsibilities when there are children
Respect
Listening non-judgementally
• Being emotionally affirming and understanding
• Valuing opinions
Trust and Support
Supporting each other's goals
• Respecting each other's rights and individual feelings, friends, activities and opinions • Overcoming jealousy issues of envy and
Independence and Autonomy
Recognizing interdependence
• Awareness of dependence needs • Accepting individual "separateness" • Fostering individual identity