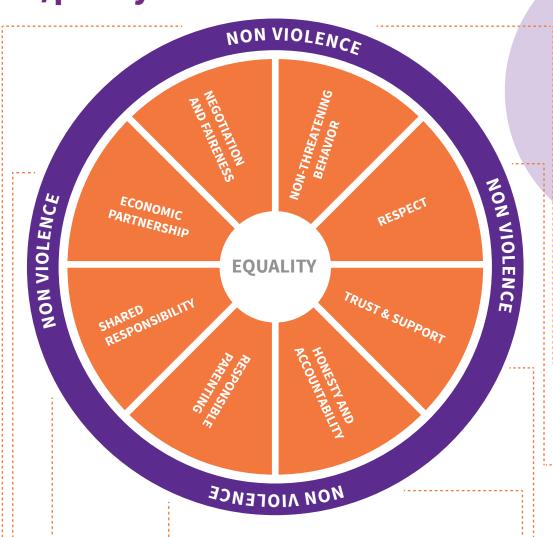
eliminating racism empowering women

SPOKANE

930 N Monroe, Spokane, WA 99201 Domestic Violence 24hr helpline: 509-326-2255 | ywcaspokane.org HEALTHY RELATIONSHIP

Adapted from original wheel by Domestic Abuse Intervention Project: theduluthmodel.org

SOCOS all, proudly.



ECONOMIC PARTNERSHIP

Making money decisions together · making sure both partners benefit from financial arrangements

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict · accepting change · being willing to compromise

RESPONSIBLE PARENTING

Sharing parenting responsibilities · being a positive non-violent role model · making family planning decisions collaboratively

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work · making family decisions together

The Healthy Relationship

Wheel provides aspects of what a healthy relationship would look like. One based on respect, trust, and nonviolence. For instance, instead of using coercion and threats, a partner would resolve conflicts or disagreements based on negotiation and fairness.

NON-THREATENING BEHAVIOR

Talking and acting so your partner feels safe and comfortable expressing themselves and doing things

RESPECT

Listening non-judgmentally · being emotionally affirming and understanding · valuing opinions or personal beliefs · respecting bodily autonomy and consent

TRUST AND SUPPORT

Supporting their goals in life respecting their right to their own feelings, friends, activities, and opinions

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self · acknowledging past use of violence · admitting being wrong · communicating openly and truthfully