

When learning about relationships, we often are not instructed fully on what is healthy, what is normal, and what is unproductive. When people talk about Intimate Partner Violence (IPV), or domestic violence, we can easily point out the negative actions, but what about the positive actions?

In this brochure we are exploring the Equality Wheel\* and examples of Respect. In a healthy relationship each partner supports the other and encourages physical, emotional, mental and spiritual well-being. Being encouraging and non-threatening is based on being self-less.

Partners ensure that there is space, time and opportunity for personal growth and exploration of self for the other while not taking over or determining what that should look like.

\* The Equality Wheel was developed by the Domestic Abuse Intervention Project Duluth, MN

## Facts on the basis of a healthy relationship:

Partners trust each other to not deliberately hurt one another and are intent upon loving themselves and each other.

They each work to support one another, rather than being intent on protecting, avoiding or controlling.

Healthy partners, instead of being threatened by the other's success or joy, are delighted by it.

It is the commitment to learn about love that leads to being able to take personal responsibility for your own feelings.

For more information or help call:

[Insert your local contact info]

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## RESPECT



**What does it look like to have cooperation in relationships?**



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Melanie is 18 years old. She met Richie, also 18, at a pow wow. Richie thought she was very attractive; he complimented her and asked if she would like to hang out sometime. They flirted as they exchanged numbers and they visited as they saw each other over the weekend.

When starting a dating relationship, a healthy balance is established from the start – everything should feel mutual: intentions are well-communicated and trust is established for a foundation of mutual respect.

Soon after they met, Melanie started college. Richie had had a full-time job. They lived 30 miles apart, so made plans to get together each weekend and in the meantime mostly communicated by text. They each knew that the other was busy with school and work, so made plans around one another's schedules.

Finding the right pace and balance while getting to know someone can be difficult when you really are excited about that person. It's important to find that balance and respect each other's time and space.

Richie met one of Melanie's ex-boyfriends who told Richie she had "cheated" on him while they were together. Richie asked Melanie about this. She said she and her ex had each been moving on at the time, but she should have ended the relationship before going on a date with someone new.

Healthy relationships are based on listening and understanding. Respect can be accepting someone's past – the past will always be part of creating something new.

Melanie talked about needing a new pow wow dress. Richie offended her by joking that she was eating too much. Richie apologized for his poor joke, and told Melanie he had been feeling bad about his own weight gain and took that out on her.

Having respect means acknowledging the feelings of the other person as well as your own, and taking responsibility when you have wronged that person.

Melanie told Richie of a time her family was in a bad car crash – the memories still trouble her. So when he's driving, Richie is conscientious about his speed.

Respect is being aware of your partner's needs and having regard for their needs, while acting in ways that aid and comfort your partner.

## RESPECT

Listening to her non-judgmentally • being emotionally affirming and understanding  
• valuing opinions.