

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

Gender roles typically lean toward men and hunters and women homemakers. When addressing and undoing male privilege for men they have to understand the different pressures on women in relationships and as mothers because there are different social values and beliefs about how each gender is supposed to act and behave.

In a relationship with shared responsibility it's about equal contributions, respect and effort in fulfilling the familial needs.

In this brochure we are exploring the Equality Wheel* and examples of shared responsibility.

* 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]

Supported by grant 2015-TA-AX-K028 awarded by the USDQJ, Office on Violence Against Women. oopinions, findings, conclusions, and recommendations are MSH-TA's and do not necessarily represent the official position or policies of the USDQJ, Office on Violence Against Women.

SHARED RESPONSIBILITY



What does it look like to have cooperation in relationships?



Mending the Sacred Hoop
mshoop.org

Arvella, 19 years old, has been dating and old friend from high school, Richard, who is 20.

Equal relationships are much easier when each person is on equal footing
There is balance here because they know each other and have similar life experience

They have a newborn and Richard has been involved with all the prenatal visits and care along with Arvella.

Having a baby is a scary thing and changes you forever. Being supportive to your partner during pregnancy lets her know she can rely on you.

When they make plans they discuss them together – they also make sure to spend time on their own interests

Agreeing, compromising and sharing in each other's interests are important to feel connected but remember that you are an individual person and your own space is and friends is also important

Being a busy family they have an agreement that whoever cooks the other does dishes but sometimes they enjoy time by cooking meals or agree together

Chores are important tasks to agree upon – from cooking to laundry to mowing the lawn – there needs to be equal distribution of work

Working and having a baby Richard understands that she is not always in the mood for sex

Intimacy is more than sex so it's important to have other ways to connect. Sometimes doing a little extra work around the house can free up time and energy so she is not so stressed

