

**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

**Independence
and Autonomy**

Recognizing interdependence ♦ Awareness of dependence needs ♦ Accepting individual "separateness" ♦ Fostering individual identity

**Negotiation and
Fairness**

Seeking mutually satisfying resolutions to conflict ♦ Accepting change ♦ Being willing to compromise

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 resentment

Communication

Communicating openly and truthfully
Being honest to oneself and to one's own feelings

Respect

Listening non-judgementally ♦ Being emotionally affirming and understanding ♦ Valuing opinions

**Shared
Responsibility**

Mutually agreeing on fair distribution of work ♦ Making decisions together ♦ Sharing parenting responsibilities when there are children