Handout | Respect Wheel/RW

Avoiding Violence

Creating personal physical

and verbal boundaries for

· Not saying or doing things that may

Asserting your right to be in a non-violent

how you will treat others.

how you want to be treated and

In a healthy relationship, there is mutual respect among the individuals. Below are some examples of how respect can be expressed in relationships with a girlfriend, boyfriend, family member, or peer.

Negotiation

- Problem solving to mutual benefit.
- Using positive language to express opinion.
 - · Accepting change.
 - · Being willing to compromise.

Equality

- Acknowledging your rights and those of others.
- Valuing the other person's opinions.
- Having a balance of giving and receiving.
- Sharing decision making and influence in the relationship.

Role Modeling

harm someone.

relationship.

- Exhibiting positive behavior and language towards and about others.
- Speaking up against damaging or inappropriate language or actions.
- Telling others the importance of practicing respect.

Respect Wheel

Trust

- Supporting the other person's life goals.
- Valuing the other person's feelings, friends, and activities.
- Showing concern for the other person's physical and emotional boundaries and desires.
- · Being honest.

Communication

- Speaking and acting so that the other person feels safe and comfortable expressing her/himself and doing things.
- · Willingness to have open dialogue.
 - Listening to the other person without judgment.
 - Expressing how you want to be treated.

Personal Growth

- Being supportive and confident in yourself.
- Encouraging the other person's individual growth.
- Supporting the other person's freedom, identity, and confidence.

Accountability

- Accepting responsibility for your actions.
- Acknowledging past use of abuse or violence.
 - · Admitting when you're wrong.
 - Acknowledging responsibility for your own health and happiness.

