Equality Wheel

Honesty & Responsibility

Not making excuses for your partner's or for your own actions • Admitting when you are wrong • Keeping your word • Not cancelling plans

Being supportive • Wanting the best for your partner • Knowing your partner likes you • Offering encouragement when necessary • Being okay with your partner having different friends

Trust &

Support

Open Communication

Being able to express your feelings or opinions • Knowing it's okay to disagree • Saying what you mean and meaning what you say Res

Intimacy

Physical Affection

ay Respecting your partner's boundaries • Respecting each other's privacy • Not pressuring your partner • Being faithful

Respect

Paying attention to your partner, even when your friends are around • Valuing your partner's opinion even if it differs from yours • Listening to what your partner has to say

EQUALITY

WHEEL

Shared Responsibility

Making decisions together • Splitting or alternating the costs on dates • Doing things for each other • Going places you both enjoy • Giving as much as you receive Holding hands • Hugging • Kissing • Sitting or standing with your arm on your partner's shoulder • Respecting each other's right to say no • Asking

before acting

Fairness & Negotiation

Accepting change • Being willing to compromise • Working to find solutions that are agreeable to both people • Aggreeing to disagree sometimes

Reaching & Teaching Teens, 3.20