

The Healthy Relationship Wheel



This wheel and discussion questions can help guide conversations with adolescents about healthy relationships.

Discuss:

- » Which statements on this wheel describe your relationship with your partner?
- » Which statements on this wheel are the most important to you when you think of respect? Why?
- » Which statements on this wheel can help you deal with conflict (or disagreements) in a healthy way?

Key Characteristics of Healthy Relationships

- » The two people are equal in the relationship.
- » Each shows some flexibility in role behavior.
- » Each avoids assuming an attitude of ownership toward the other.
- » Each avoids manipulating, exploiting, and using the other.
- » The two people encourage each other to become all that they are capable of becoming.

The Relationship Spectrum

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.

HEALTHY

UNHEALTHY

ABUSIVE

A healthy relationship means that both partners are...	You may be in an unhealthy relationship if one of you is...	An abusive relationship starts when one of you...
<p>RESPECTFUL You value each other as you are. You respect each other's emotional, digital and sexual boundaries.</p>	<p>DISRESPECTFUL One or both partners is not considerate of the other's feelings and/or personal boundaries.</p>	<p>MISTREATS THE OTHER One or both partners disrespects the feelings, thoughts, decisions, opinions, or physical safety of the other.</p>
<p>COMMUNICATIVE You talk openly about problems, listen to each other and respect each other's opinions.</p>	<p>NON-COMMUNICATIVE When problems arise, you fight or you don't discuss them at all.</p>	<p>COMMUNICATES IN A WAY THAT IS HARMFUL/INSULTING</p>
<p>TRUSTING You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.</p>	<p>NOT TRUSTING One partner doesn't believe what the other says, or feels entitled to invade their privacy.</p>	<p>MAKES ACCUSATIONS One partner accuses the other for their harmful actions.</p>
<p>HONEST You are honest with each other, but can still keep some things private.</p>	<p>DISHONEST One or both partners tell lies.</p>	<p>DENIES THAT THE ABUSIVE ACTIONS ARE ABUSE One or both partners makes excuses for abusive actions and/or minimizes the abusive behavior.</p>
<p>HAPPY TO SPEND TIME TOGETHER OR APART You both can enjoy spending time apart, alone or with others.</p>	<p>NOT SPENDING TIME WITH OTHERS Your partner's community is the only one you socialize in.</p>	<p>ISOLATES THE OTHER PARTNER The partners spend all of their time together and one may feel unable to talk to others, especially about what's really happening in the relationship.</p>
<p>EQUAL You make decisions together and hold each other to the same standards.</p>	<p>STRUGGLING FOR CONTROL One partner feels their desires and choices are more important.</p>	<p>CONTROLS THE OTHER One partner tells the other what to wear, who they can hang out with, where they can go and/or what they can do.</p>
<p>MAKING MUTUAL SEXUAL CHOICES Both partners make decisions together and can openly discuss what each one is dealing with, like relationship problems and sexual choices.</p>	<p>PRESSURING THE OTHER INTO SEXUAL ACTIVITY One person tries to make most of the decisions. He or she may pressure the other about sex or refuse to see how one's actions can hurt the other one.</p>	<p>FORCES SEXUAL ACTIVITY One person makes all of the decisions in the relationship. One partner forces the other to have sex. It's an imbalance of power and control.</p>

Note: This tool was adapted from loveisrespect.org with input from SYN-United Colorado (Youth Advisory Group).