

Equality

Consent, Safe Sex, Intimacy

Talking openly about physical needs and preferences, asking permission and understanding what is explicitly agreed to, respecting each other's decisions about their body

Equality & Acceptance

Learning about and accepting differences in culture, identity and status, using empathy and understanding with each other, building a partnership, advocating for and with each other

Boundaries, Respect

Respecting each other's space and privacy in person & technologically, maintaining a healthy amount of contact when apart, limiting jealousy or judgement when viewing their texts, social media, or cyber activity

Negotiation & Fairness

Seeking mutually satisfying resolutions to disagreements, being willing to try different things, compromising and collaborating, seeking win-win solutions, accepting changes

Inclusion, Independence

Respecting each other's independence and acknowledging inter-dependence, accepting and appreciating separateness, supporting individual relationships and activities

Support & Personal Growth

Working on your own self-confidence, growth, and goals, fostering each other's individual identity, supporting their personal growth and goals, asking for help with goals and accepting support

Honesty, Accountability

Accepting responsibility for self, acknowledging past use of violence and its ongoing effects, admitting to being wrong & apologizing, communicating openly and truthfully, being trustworthy & giving trust

Assertive Communication

Practicing balanced, open, and spontaneous dialogue, listening without interrupting, respecting each other's point of view, sharing appreciation, compliments, and constructive feedback, positive self-expression

Non-Violence, Kindness, Affection

Commit to avoiding abusive behaviors, using words not actions to express negative feelings, sharing, helping each other, being gentle, showing affection, having a sense of humor