INTIMACY

trauma •

Always respect their boundaries • Ask for and give consent without pressure • Listen to your body . You feel comfortable around each other . Respecting each other's body types or shapes • The physical & emotional relationship is balanced for both people • Respect sexual history or

VERBAL

Tell them positive things • Share your life and experiences Offer encouragement • Keep your promises • Encourage them to pursue hobbies and interests outside of your relationship • Accept changes with grace • Express anger/frustration in a healthy way .

MENTAL

Be honest about mental health and mental health needs • Ask for support when you need it • Take care of yourself first • Respect the mental health needs of the other person •

TECHNOLOGY

Allow them to have privacy online and during calls • Feeling safe about your accounts • Respect each other's browsing history, or call and text history • Agree on how much time you spend on the phone • Be mentally present when you're together •

PHYSICAL

animals •

HEALTHY

RELATIONSHIPS

WHEEL

Feeling safe and comfortable Agreeing on the right amount of PDA • Always work out arguments with respect • Value each other's possessions • Use their things only with permission • Respect personal space/bubble • Allow time apart • Honor pets or

EMOTIONAL

Be honest and truthful • Listen non-judgmentally • Believe their experiences • Apologize when you're wrong or you hurt them • Share difficult situations • Find solutions that benefit everybody • Make time for friendships with others • Make time for individual passions/hobbies •

FINANCIAL

Take or use money with permission only • Split or balance the cost of dates or expenses • Use money in a way that benefits both people • Make financially independent decisions when needed • Support their job or professional dreams

Support their pursuit

of education •

INTERSECTIONAL

Understand privilege

 Support and respect eating habits, religion, race, ability, sexual orientation, gender identity, STI status, dress customs. and culture, etc. • Appreciate backgrounds and differences • Respect citizenship status • Not sharing their personal details or "outing" them

NEGOCIACIÓN CONDUCTA NO AMENAZANTE JUSTA • Ante un conflicto, buscar • Actuar y hablar de manera soluciones convenientes para que ella se sienta segura y ambas partes. • Aceptar cómoda al hacer sus cosas y cambios. • Estar dispuesto al expresarse. a llegar a un acuerdo. **ECONOMÍA** RESPETO **COMPARTIDA** · Escucharla sin juzgarla. • Tomar juntos las decisiones Apoyarla y comprenderla. económicas. • Asegurar que los · Valorar sus opiniones. acuerdos económicos beneficien a los dos. **IGUALDAD** RESPONSABILIDAD CONFIANZA Y APOYO **COMPARTIDA** · Apoyarla en sus metas en la vida. · Llegar a un acuerdo para una · Respetarle sus sentimientos, justa distribución de las amigo(a)s, actividades, tareas de la casa. • Tomar y opiniones. **ASUMIR LA HONESTIDAD** juntos las decisiones familiares. RESPONSABILIDAD Y RESPONSA-**PATERNA** BILIDAD Aceptar responsabilidad por sus · Compartir las responsabilidades de la crianza. acciones. • Reconocer y aceptar • Ser un modelo de conducta que actuó violentamente en el pasado. • Reconocer que estaba para sus hijo(a)s, actuando positivamente y equivocado. • Comunicarse sin violencia. abiertamente y con la verdad. NVIOLEN

DOMESTIC ABUSE INTERVENTION PROJECT

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