

# **Teen Equality Wheel**

#### TRUST & SUPPORT Afirming each other's ideas, goals, and life decisions; Respecting your partner's right to have friends, feelings, activities, and opinions that may not include you; Being able to accept as true what others say. FAIRNESS Being willing to compromise; Accepting change; Being able to come to mutually agreeable resolutions to conflict; Allowing for differences in opinion. **SHARED** RESPECT RESPONSIBILITY Listening and NOT judging; **TEEN** Making decisions together; Being understanding; Valuing **EQUALITY** your partner's opinion, even Supporting partner's family when it differs from yours; boundaries (i.e. curfew, dating, WHEEL Discussing, agreeing on, and privileges); Working on any relationship problem as a pair abiding by the boundaries of your relationship. in cooperation. **ACCOUNTABILITY NON-THREATENING & HONESTY BEHAVIOR** Accepting responsibility for Allowing partner to feel comfortable yourself; Being able to admit when expressing feelings; Using body you are wrong; Communicating language and words that show openly; Being truthful, even though acceptance of what partner does or it may not be the easy thing to do. says; Using healthy coping skills.

**Source:** Action Alliance (2007). Building Healthy Relationships Across Virginia: A Facilitator's Guide for Teen Dating Violence Prevention.



# **Healthy Relationships Resources**



### Love is Respect

Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the U.S. Also includes articles on topics including dating definitions, consent, self-care, and helping a friend.

www.loveisrespect.org/get-relationship-help/



#### Teen Safety Plan

A Teen's Guide to Safety Planning to lower your risk of being hurt by an abusive partner.

www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf



### Teen Dating Violence Toolkit

Information on teen dating violence. Includes quizzes you can take (e.g., healthy relationship quiz).

https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/Teen-DV-Toolkit-2018.pdf



## **Meditation Resources**



### **Online Guided Meditations**

Links to multiple full-length guided meditations.

www.tarabrach.com/guided-meditations/



### Mindfulness for Teens

Links to multiple short guided meditations.

www.mindfulnessforteens.com/guided-meditations/