

# The Healthy Relationship Wheel

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

## 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.



## 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?

Note: This tool was adapted from *Sexual Health: An Adolescent Provider Toolkit*, by the Adolescent Health Working Group, 2010. Content was reviewed and adapted by SYN-United Colorado (Youth Advisory Group).

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# 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><b>RESPECTFUL</b> You value each other as you are. You respect each other's emotional, digital and sexual boundaries.</p>	<p><b>DISRESPECTFUL</b> One or both partners is not considerate of the other's feelings and/or personal boundaries.</p>	<p><b>MISTREATS THE OTHER</b> One or both partners disrespects the feelings, thoughts, decisions, opinions, or physical safety of the other.</p>
<p><b>COMMUNICATIVE</b> You talk openly about problems, listen to each other and respect each other's opinions.</p>	<p><b>NON-COMMUNICATIVE</b> When problems arise, you fight or you don't discuss them at all.</p>	<p><b>COMMUNICATES IN A WAY THAT IS HARMFUL/INSULTING</b></p>
<p><b>TRUSTING</b> You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.</p>	<p><b>NOT TRUSTING</b> One partner doesn't believe what the other says, or feels entitled to invade their privacy.</p>	<p><b>MAKES ACCUSATIONS</b> One partner accuses the other for their harmful actions.</p>
<p><b>HONEST</b> You are honest with each other, but can still keep some things private.</p>	<p><b>DISHONEST</b> One or both partners tell lies.</p>	<p><b>DENIES THAT THE ABUSIVE ACTIONS ARE ABUSE</b> One or both partners makes excuses for abusive actions and/or minimizes the abusive behavior.</p>
<p><b>HAPPY TO SPEND TIME TOGETHER OR APART</b> You both can enjoy spending time apart, alone or with others.</p>	<p><b>NOT SPENDING TIME WITH OTHERS</b> Your partner's community is the only one you socialize in.</p>	<p><b>ISOLATES THE OTHER PARTNER</b> 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><b>EQUAL</b> You make decisions together and hold each other to the same standards.</p>	<p><b>STRUGGLING FOR CONTROL</b> One partner feels their desires and choices are more important.</p>	<p><b>CONTROLS THE OTHER</b> 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><b>MAKING MUTUAL SEXUAL CHOICES</b> Both partners make decisions together and can openly discuss what each one is dealing with, like relationship problems and sexual choices.</p>	<p><b>PRESSURING THE OTHER INTO SEXUAL ACTIVITY</b> 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><b>FORCES SEXUAL ACTIVITY</b> 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](http://loveisrespect.org) with input from SYN-United Colorado (Youth Advisory Group).