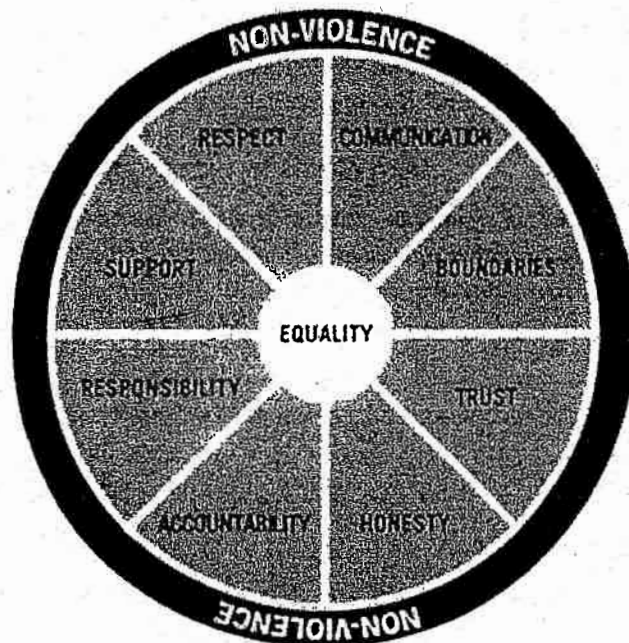


## Get Educated: Healthy Relationships The Equality Wheel



### What is the Equality Wheel?

The Equality Wheel<sup>1</sup> is a model used to explain the dynamics of a healthy relationship. It is applicable to all forms of relationships; with friends, dating partners, intimate partners, life partners, or family members. Each component of the wheel supports and reinforces the others, with equality always at the center. The Equality Wheel can be used by anyone as a guide to maintaining healthy patterns in a relationship.

### The Center of the Wheel:

**Equality** : Equality is the foundation of any healthy relationship.

### The Spokes of the Wheel:

**Trust** : Trust appropriately. You would trust your life partner more than you would trust a new acquaintance.

**Support** : Support each other. Encourage others in their goals, activities, and personal growth.

**Respect** : Respect other people's boundaries. Learn other people's boundaries and do not infringe upon them.

**Responsibility** : Share responsibility for maintaining a relationship. Both people in a relationship should be included in making decisions.

**Communication** : Communicate effectively. Effective communication involves clearly expressing your thoughts and feelings and listening to those of others.