In a healthy relationship, there is mutual respect among the individuals. Below are some examples of how respect can be expressed in relationships with a girlfriend, boyfriend, family member, or peer.

**Respect Wheel/RW**

- **Avoiding Violence**
  - Creating personal physical and verbal boundaries for how you want to be treated and how you will treat others.
  - Not saying or doing things that may harm someone.
  - Asserting your right to be in a non-violent relationship.

- **Role Modeling**
  - Exhibiting positive behavior and language towards and about others.
  - Speaking up against damaging or inappropriate language or actions.
  - Telling others the importance of practicing respect.

- **Communication**
  - Speaking and acting so that the other person feels safe and comfortable expressing her/himself and doing things.
  - Willingness to have open dialogue.
  - Listening to the other person without judgment.
  - Expressing how you want to be treated.

- **Negotiation**
  - Problem solving to mutual benefit.
  - Using positive language to express opinion.
  - Accepting change.
  - Being willing to compromise.

- **Equality**
  - Acknowledging your rights and those of others.
  - Valuing the other person’s opinions.
  - Having a balance of giving and receiving.
  - Sharing decision making and influence in the relationship.

- **Personal Growth**
  - Being supportive and confident in yourself.
  - Encouraging the other person’s individual growth.
  - Supporting the other person’s freedom, identity, and confidence.

- **Accountability**
  - Accepting responsibility for your actions.
  - Acknowledging past use of abuse or violence.
  - Admitting when you’re wrong.
  - Acknowledging responsibility for your own health and happiness.

- **Trust**
  - Supporting the other person’s life goals.
  - Valuing the other person’s feelings, friends, and activities.
  - Showing concern for the other person’s physical and emotional boundaries and desires.
  - Being honest.

- **Perspective**
  - exhibiting positive behavior and language towards and about others.
  - Speaking up against damaging or inappropriate language or actions.
  - Telling others the importance of practicing respect.