

*It is a time for supporting each other.
Respecting, Listening, Caring.*



How are you using your power positively?



Community Conversation

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Discussion Questions

- ▶ *What do you see in this image?*
- ▶ *What does supporting your partner during this time look like?*
 - Never using violence – physical, verbal or sexual.
 - Listening to how your partner feels, avoiding judgment or criticism.
 - Appreciating your partner at least once a day – say something nice about them, what they do for your family or who they are as a person.
 - Build trust and connection with your partner and/or family.

**Take home
idea**



Use your power positively, do at least one thing every day to show your partner you care.