In a healthy relationship, partners...

Show respect
Are caring
Value each other

How are you using your power to strengthen your relationship?
Discussion Questions

How can you show your partner you respect, care for and value each other?

• Commit to never use violence.
• Connect with each other: go for a walk, watch a movie, cook dinner, check in daily, pray/meditate, play card or board games, give a hug, respect each other’s wishes around sexuality, be generous with each other – what are other ideas?
• Create a daily routine that works for you and your partner, allow flexibility when needed.
• Role model to your children what a happy, healthy relationship looks like.

How do you feel when you are respected, cared for and valued by your partner?

• Feel proud of the relationship, good about oneself, hopeful about the future, calm and confident about the relationship and family.
• That together, we can face hardship and difficult moments and use them to be stronger.
• Grateful for my partner, relationship and family.

Remember, your partner will feel similar things when respected, cared for and valued by you!

Take home idea

Showing respect, caring and valuing our partner is a positive use of power, it strengthens the relationship and makes family life nicer!