

CARE FOR EACH OTHER



Our communities and relationships are strengthened when we show up for each other.



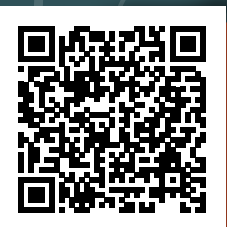
IN RIGHT RELATIONSHIP

A Project of the Idaho Coalition Against Sexual & Domestic Violence www.engagingvoices.org

This project was supported by Grant No. 2016-TA-AX-K019 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

EMPATHY

Empathy is a skill that can be developed to overcome judgment and strengthen our connection and deepen our understanding of each other.



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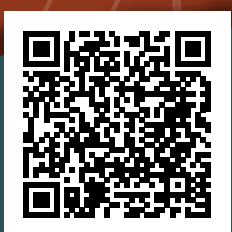
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CONSENT



People are at their best when their authentic selves are able to opt into activities and situations that are safe and enjoyable.




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SHARED POWER



In healthy relationships and communities, power is shared freely because everyone is capable of leadership. Sharing of power is a liberatory practice that can undo historical harm and prevent future harm.



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AUTHENTICITY



Authenticity is our ability to be our whole selves and our ability to be able to explore and express versions of ourselves without fear.



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BREAKING UP



Breakups can be painful and uncomfortable – sometimes it is the healthiest option for the wellbeing of people in relationships.



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MINDFULNESS

We can intentionally reduce our harm to others through reflection and being mindful of each other's and our own needs.



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MOVING THROUGH CONFLICT

Moments of conflict are opportunities to collaborate and lean into creativity for solutions that build trust and confidence in each other.



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