

Moving Through Conflict

Conflict is natural in all relationships and is a chance to revisit boundaries and expectations. It can be uncomfortable! That's okay! Moments of conflict are opportunities to collaborate and lean into creativity for solutions that build trust and confidence in each other.

Breaking Up

Breakups can be painful and uncomfortable—sometimes, it is the healthiest option for the wellbeing of people in relationships. You remain a whole person throughout the relationship and even when the relationship ends.

Where to get help

Contact your local domestic and sexual violence organization or reach out to a national help line below:

National Teen Dating Abuse Helpline:

Text LOVEIS to 22522 or speak to a peer advocate at 1-866-331-9474

National Sexual Assault Hotline:

1-800-656-4673

Trevor Lifeline (for LGBTQ* youth):

1-866-488-7386

National Suicide Prevention Lifeline:

1-800-273-8255 or www.suicidepreventionlifeline.org to chat with a crisis counselor online

www.engagingvoices.org

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IN RIGHT RELATIONSHIP



Liberated relationships are one of the ways we actually create abundant justice, the understanding that there is enough attention, care, resource, and connection for all of us to access belonging, to be in our dignity, and to be safe in community.

— adrienne maree brown

To be in right relationship with ourselves and one another is to learn to be authentic, cultivate empathy, and care for one another.

To be in right relationship is to practice listening for understanding, consent, shared decision making and power, and to be mindful of our own and each other's needs.

When we are in right relationship, we are more able to move through conflict and set boundaries and expectations, and if needed, be accountable for our actions that harm one another.

Authenticity

No one should have to hide portions of themselves to make other people comfortable or happy. Authenticity is our ability to be our whole selves and our ability to be able to explore and express versions of ourselves without fear.

Empathy

Even when we share the same culture and language, it can be difficult to understand other people's point of view because our lived experiences are unique to each of us. Empathy is a skill that can be developed to overcome judgment and strengthen our connection and deepen our understanding of each other.

Care for Each Other

The sum of our efforts is greater than when we act alone. Our communities and relationships are strengthened when we show up for each other. Acts of care are freely given and received in meaningful relationships when we center each other's humanity.

Consent

Consent can be freely given and taken away without explanation because people are allowed to change their minds. Consent is needed in all relationships—even the ones with friends and family! People are at their best when their authentic selves are able to opt into activities and situations that are safe and enjoyable.

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.

Mindfulness

No one is born a bad person, and all of us are capable of causing harm. While we can have the best intentions, our impact on others can sometimes cause harm. We can intentionally reduce our harm to others through reflection and being mindful of each other's and our own needs.