

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!

Poster



**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!