PROJECT PEER

Healthy Relationships Wheel: Family, Partners, Friends

for Women with Developmental Disabilities and/or Mental Health Issues

Sexual Respect

• Expect to be honored and respected in your sexual decisions

• Respect your partner's sexual wishes, boundaries and desires •

Respect sexual privacy • Accept that anyone can say "no" at any time to any behavior that makes them and Choice uncomfortable • Practice

"safer" sex • Be able to share affection without

sex • Allow space and time to heal from sexual and living the lives they choose • Accept violence.

Dignity and Respect

• Respect everyone's rights to their own feelings, friends, activities and opinions • Listen without judging the speaker

• Respect everyone's need for privacy • Use respectful language, including about disability

• Pay attention to each other's emotional needs.

Non-Threatening

Behavior Abuse is never okay

• Pay attention to your body language when you talk

· Respect personal boundaries

• Don't use the past as a weapon

• Treat property, pets and service animals with care and respect

Money Matters

distribution of work.

Fairness

Share decision-making

so that all feel safe and

power equally • Talk and act

comfortable expressing themselves

change • Be willing to compromise • Solve

problems by agreeing to solutions together

and applying them equally • Agree on a fair

• Accept that money is not power in personal and family relationships • Make decisions about money together • Make sure everyone concerned benefits from decisions about money • Share expenses • Give gifts freely and with no strings attached • Make no demands for money or material things.

Trust, **Honesty and Accountability**

 Accept responsibility for yourself and your actions Acknowledge that physical, verbal, and emotional abuse are never acceptable • Admit it when you make a mistake, apologize, and try to make things right.

Responsible Personal/Family

Relationships Share parenting responsibilities • Be positive, non-violent role models • Make decisions together and be able to disagree respectfully •Talk openly about dating and sexuality •Talk openly and make responsible decisions about pregnancy and parenting.

Independence and Support

• Honor your own ability to make decisions for yourself and ask for support when needed • Support each other's goals in life

• Give each other space to heal from any traumatic event • Encourage each other to grow and try new things • Do not expect your partner/family

member to be an extension of yourself • Do not attempt to control

> another person.



Dependence

To inquire about this wheel and our companion, accessible Power & Control wheel, please contact Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, at 202-448-1450.

For this diagram, our inspiration included Healthy Relationships or Equality Wheels from Abused Deaf Women's Advocacy Services, Seattle, WA; Advocates of Ozaukee, Saukville, WI; National Center on Domestic and Sexual Violence, Austin, TX and a hexagonal version from an unidentified source found online; and the Respect Wheel for People with Disabilities in Partner Relationships from Safe Place, Austin, TX.

Grants No. 2007-FW-AX-K010 and 2013-FW-AX-K001 awarded by the Office on Violence against Women, U.S. Department of Justice have supported Project Peer. The opinions, findings, conclusions, and recommendations expressed in this document are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence against Women.

© 2015, DC Project Peer Graphics by Megan McCune

PROJECT PEER

Healthy Relationships: Support Staff and Other Caregivers Wheel

for Women with Developmental Disabilities and/or Mental Health Issues

RESPECT

Working Relationships

independence.

Equity

 It's not your life • Support positive ways to identify and express feelings • Listen to each other • Agree on needs and roles . Sexual contact is never OK • Assist with managing Fairness supports • Share caregiving and Choice responsibilities with other caregivers, family and Practice supportive, friends • Support informed decisionmaking • the person's What the person chooses comes abilities and first • Do not correct adults like they

Dignity, Respect and Sexual Respect

without judgment.

Assume competence • Show respect to and for each other • Honor and accept differences in culture, tradition, religion and personal tastes • Respect sexual privacy • Respect and support the person's sexual decisions

Non-Threatening Behavior

- Abuse is never okay
- Respect personal boundaries
- Be a positive, non-violent role model • Don't have weapons in the house • Use words and actions to create a safe environment • Treat property, pets and service animals with care and respect.

Money Matters

It's not your money; act responsibly when handling it • Explain financial information • Do not withhold money or property as punishment • Spending should reflect the person's preferences and needs • Explore access to all possible resources • Make no demands for money or material things for your own benefit.

are children • Discuss honestly the impact

person feel safe and comfortable expressing

themselves and living the lives they choose.

of each other's actions and choices • Accept

change • Use words and actions that make the

Trust, Honesty and Accountability

 Encourage open and honest communication • Admit when you make a mistake, apologize, and try to make things right • Understand that everyone has a right to control their story • Do not overshare personal information.

Independence and Support • Encourage and support relationships with

• Encourage and support relationships with family, friends, social groups • Support decisionmaking about intimate relationships

Assist with meaningful involvement in community and social activities, employment, other support services, etc.
 Support healing from any traumatic event
 Support choice in developing and deciding who is involved

Listen and help with concerns or decisions about health care
 Encourage safe use of adaptive equipment and make sure it is available and well maintained

 Do not overdose or withhold medications
 Share information about personal hygiene.

Responsible Provision of Services

overshare personal information.

about personal hygiene.

To inquire about this wheel and our companion, accessible Power & Control wheel, please contact Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, at 202-448-1450.

For this diagram, our inspiration included Healthy Relationships or Equality Wheels from Abused Deaf Women's Advocacy Services, Seattle, WA; Advocates of Ozaukee, Saukville, WI; National Center on Domestic and Sexual Violence, Austin, TX and a hexagonal version from an unidentified source found online; and the Respect Wheel for People with Disabilities in Partner Relationships from Safe Place, Austin, TX.

Grants No. 2007-FW-AX-K010 and 2013-FW-AX-K001 awarded by the Office on Violence against Women, U.S. Department of Justice have supported Project Peer. The opinions, findings, conclusions, and recommendations expressed in this document are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence against Women.

© 2015, DC Project Peer Graphics by Megan McCune