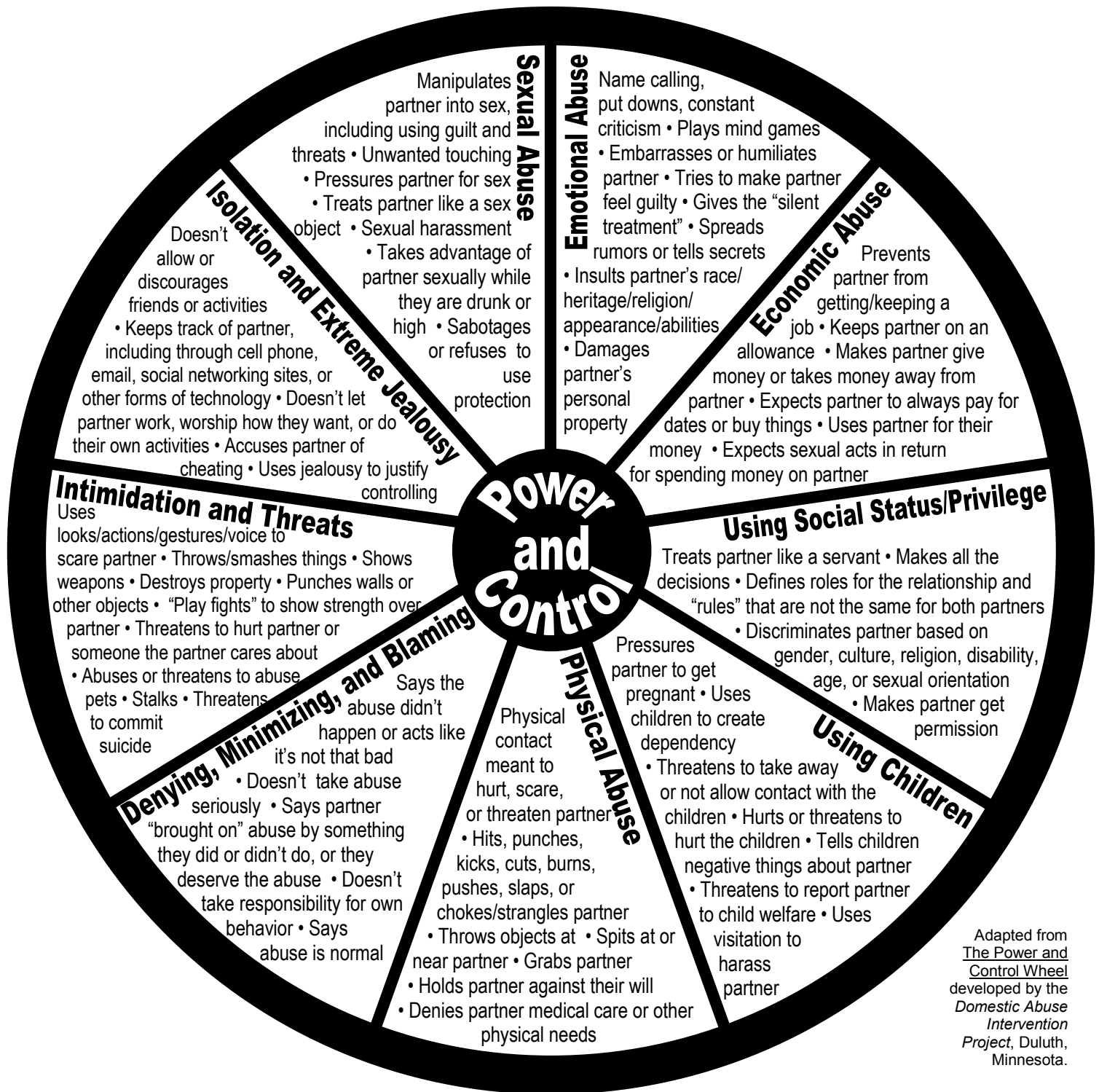


# Understanding Relationship Violence

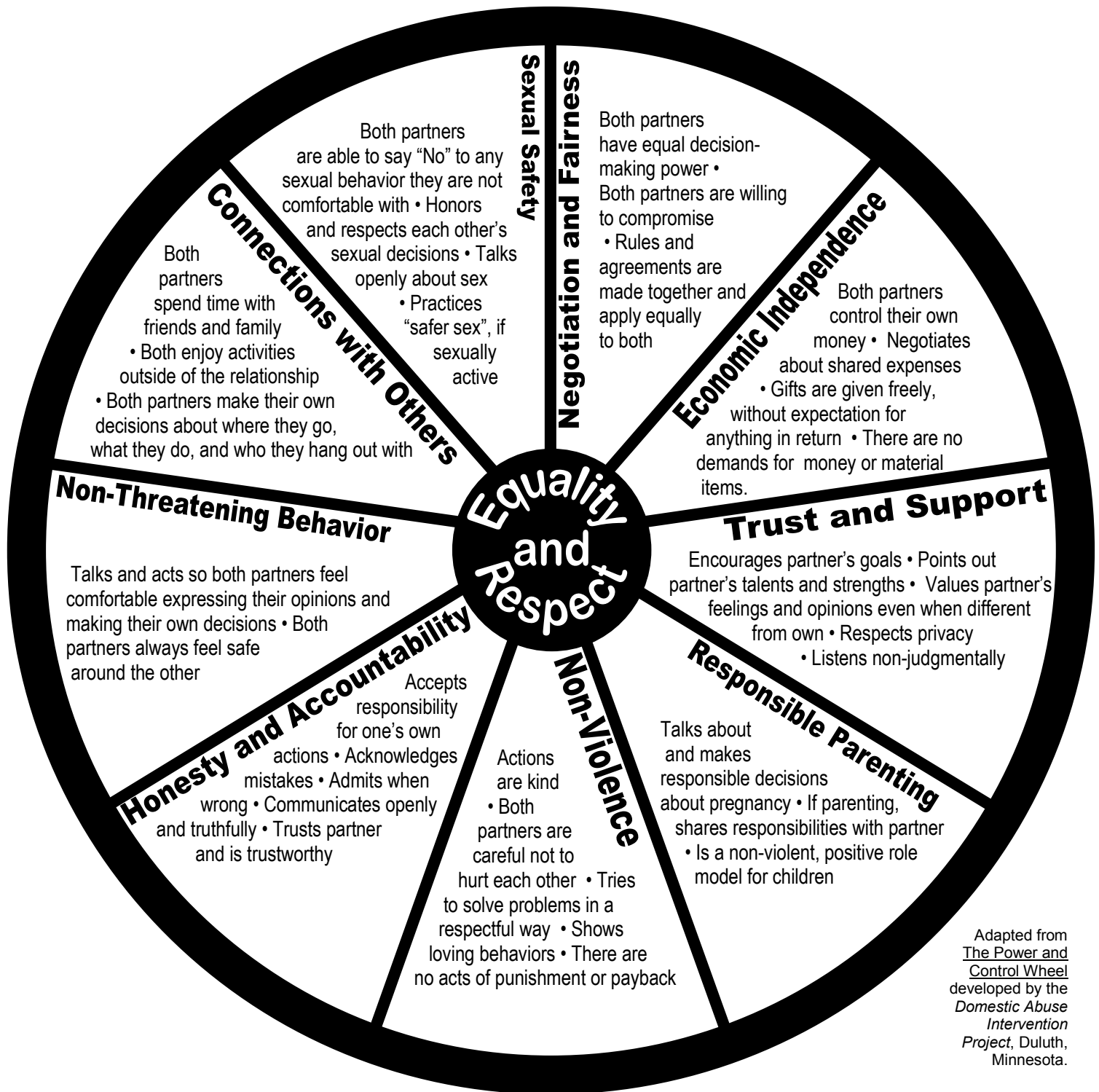
A deliberate pattern of assaultive and manipulative behaviors done by a partner (or ex partner) to gain power and control.  
Partners may be married, dating, seeing each other, hooking up, or broken up.



Adapted from  
The Power and Control Wheel  
developed by the  
Domestic Abuse  
Intervention  
Project, Duluth,  
Minnesota.

# Understanding Healthy Relationships

A healthy relationship can be based on respect and equality, where both people in a relationship believe they are equally deserving of respect, and neither tries to gain power or control over the other. Inside the "Equality and Respect Wheel" are examples of equal and respectful behaviors.



Adapted from  
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Intervention  
Project, Duluth,  
Minnesota.