- Healthy conflict resolution
- Two-way communication
- Valuing each other's beliefs and opinions
- Making decisions together
- Willing to compromise
- Mutual respect and fairness

- Healthy boundaries are welcomed and respected.
- Words and actions create a safe space for personal expression.
- Genuine intentions (no manipulation)



SWOO OFFE

- Providing emotional support, compassion, and empathy
- Encouraging goals and aspirations
- Accepting and affirming each other's identity

Houges

- Open and honest communication
- Being true to yourself and your own feelings
- Accepting responsibility for actions