Text in the middle of the poster reads: Respectful rainbow Relationships can look like…

Surrounding the title of the poster reads:

Economic Partnership: If you are sharing money, making financial decisions together. All people benefit from economic security. Each person is allowed to make their own purchases. Encouraging career and educational growth.

Non Threatening Behaviour: Speaking and acting in a way that allows people to feel safe and comfortable expressing themselves and interacting. Learn about your own triggers & others.

Honesty and Accountability: Accepting responsibility for yourself, admitting being wrong, & communicating honestly and openly. Changing behaviour and taking action when mistakes have been made. Listening openly, being emotionally understanding, and valuing one another's perspectives and experiences.

Negotiation & Shared Responsibility: Mutual & ongoing agreement between parties’. Shared agreement for fair distribution of work, seeking mutually agreeable resolution to conflicts. Being sensitive to differences in your lived experiences and perspectives.

Respect: Recognising everyone's needs and obligations as equally important. Supporting the expression of their gender, sexuality & connections to community. Validating a person's gender. Allowing people to choose who to come out to & when. Using people's name/pronouns correctly. Work to unlearn unconscious bias towards people you are in relationship with. Actively address power and privilege you hold within relationships.

Allyship: Recognising and respecting someone's background, including: ethnicity, class, culture, education, wealth, politics, ability, religion, sexual orientation, sex and gender. Recognising different ways that people experience living in Aotearoa Validate and acknowledge these experiences.

Trust: Supporting everyone's goals. Respecting people's right to their own feelings, friends, activities & opinions. Have ongoing conversations about expectations and boundaries.

Connection: Uplifting a person's need for connection by recognising the need and value of community and support. Valuing other connections including mental health and addiction support networks, social, cultural and religious groups.

Emotional Support: Offering genuine compassion, encouragement and reassurance. Verbal & non verbal, paying attention and showing you are listening. Validating their feelings & reflecting back what you have understood/noticed. Supporting them in public & private.

Responsible CoParenting: If you are coparenting, making family decisions together, asking for help when it’s needed. Sharing parenting roles, discussing issues in private away from children until there is a shared decision and plan. Including children in positive conversations.

Sexual Consent: Open & ongoing conversations between all parties to respect and establish each other's boundaries. Respecting all parties' individual wants & needs.Validating a person's gender. Taking responsibility for your sexual health.