



# RESPECTFUL RAINBOW RELATIONSHIPS

Rainbow relationships look different  
for everyone



## 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 & 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.

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## 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.

## 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.

## 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 Parenting

- 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 others boundaries.
- Respecting all parties' individual wants & needs. Validating a person's gender.
- Taking responsibility for your sexual health,