

# In Your Relationships



- Communicate your boundaries as needed, and encourage your partner to do the same.
- Respect your partner's privacy. Build trust in ways that do not involve reading messages on their cell phone, in their email inbox, or private messages on social media.
- When arguments happen, avoid making threats or trying to force your point of view. Use "I" statements to describe how a problem or behavior makes you feel, and remember that arguments should never become physical.

**I PLEDGE...**

**not to raise**



**my hand in violence.**

Learn More at [iPledgeWAA.org](http://iPledgeWAA.org)