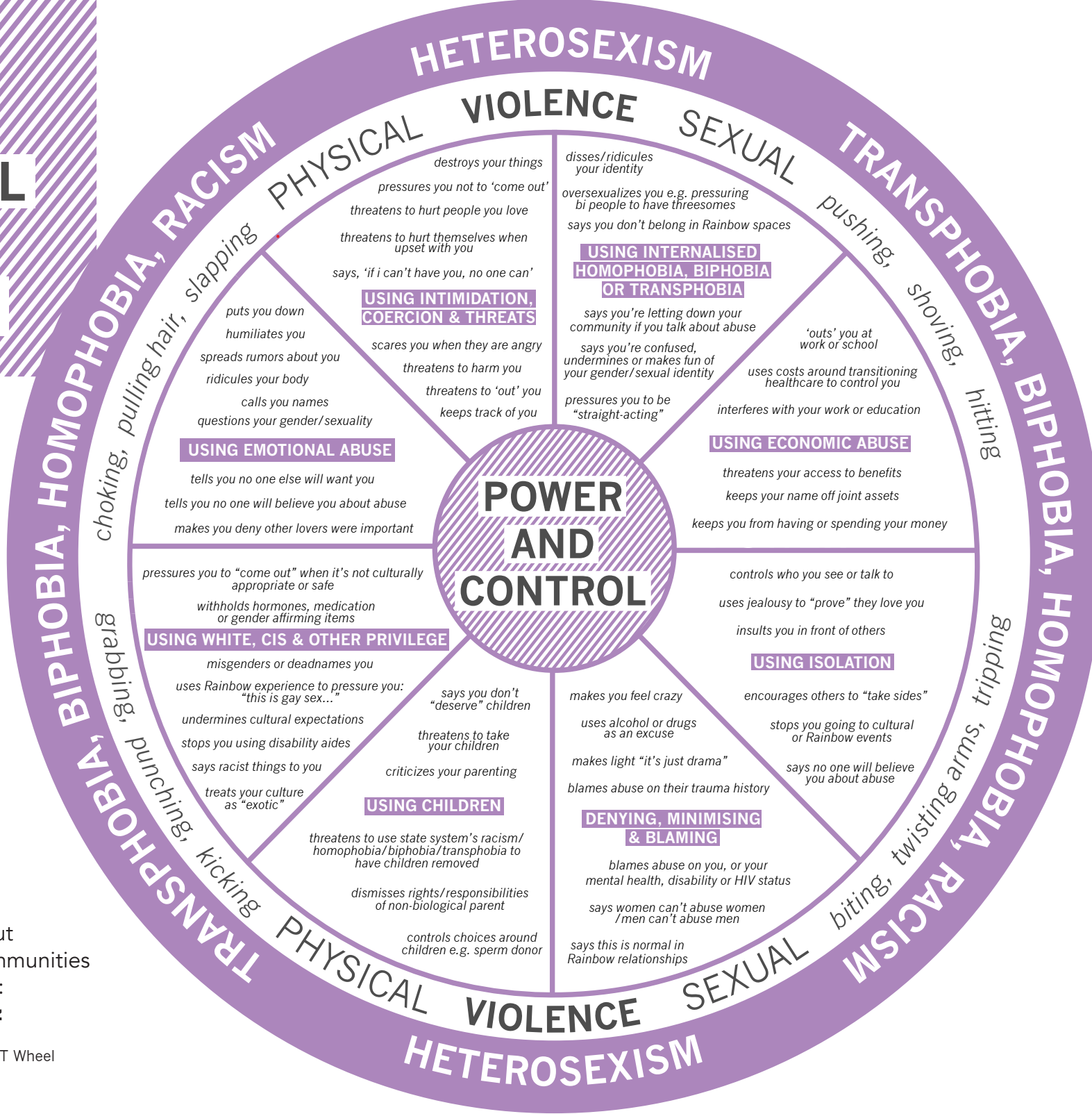


POWER AND CONTROL WHEEL FOR RAINBOW RELATIONSHIPS

Most **Rainbow relationships** are based on love and mutual respect. People are able to be themselves, communicate what they want, negotiate and feel free to say no to things they don't want to do. Everyone involved feels listened to when they speak.

But sometimes what's happening in our relationships doesn't feel alright. These are the forms of controlling behavior in Rainbow relationships identified in community hui hosted by **Hohou Te Rongo Kahukura - Outing Violence**.

A Rainbow relationship is any relationship where at least one person identifies under the sex, sexuality and gender diversity umbrellas.



To find out more about building Rainbow communities without violence, visit: www.kahukura.co.nz

*Adapted from the Duluth LGBT Wheel