# Recognising the needs of others Thinking through how your attitude, behaviour and language affects others; being aware of other's needs and how you interact. Being accountable Being accountable Recognising the needs of other's needs and comfortable expressing themselves and doing things.

behaviour, taking responsibility for your behaviour; taking steps to make your behaviour right, communicating truthfully.

household items

Valuing your home; respecting

other family members'

property, contributing to

the care of the home

Being open and honest when negotiating family agreements, doing what you say you will do; being reliable and honest.

# Respect Respecting property and

# Communication

Expressing needs and feelings directly, clearly and calmly. Being assertive; being willing to compromise; talking to family members the way you would want to be talked to.

# IT and social media

Agreeing with family how to and when to use and share, being aware of the impact of your abuse on others, not looking at Choosing to stay non-violent

# Problem solving respectfully

Being willing to listen, to value each other's position and to work towards compromise.

Unrealistic expectations
Demanding that family members serve you, give you money and do what you want them to do. Having a sense of entitlement about your role and being selfish.

Acting like abuse is no big

Breaking trust
Ignoring or violating family rules, leaving home without telling your family, stealing, making promises you

something happened without considering the effect on others.

Damaging and

destroying property

and household items

# Abuse Disrespect

# Damaging or destroying family member's things, damaging the family or another IT and person's home or

social media Using messages / social media to embarrass or harm family members, accessing online bank accounts or spending without consent, impersonation.

Wse Violence to get your of the belong in the family. It is a shouting, making statements to intimidate family members, making threats about self harm or suicide, threats to use weapons. putting it at risk

making promises you don't keep.

# **Emotional abuse**

Putting family members down, making them feel guilty, ignoring them, name-calling, swearing, doing things to hurt family members to push them

# Threats and intimidation

away, making them feel they don't