

ReSPECTful Relationships

	Passive	Assertive	Aggressive
Eye contact	Looking away	Comfortable direct eye contact	Direct eye contact which, becomes a stare. Eyes wide open
Posture	Shuffling feet, slumped shoulders, looking at the floor	Open body, still and relaxed, upright posture, straight shoulders	Body closed off looking bored, hands on hips, folded arms
Mouth	A smile that seems misleading	Smiling when appropriate	Talking through clenched teeth
Voice	Soft voice difficult to hear	Appropriately firm/warm	Loud voice conveying sarcasm or anger through tone of voice
Gestures	Fiddling with watch/jewellery, playing with hair/rubbing face	Hand gestures when talking to emphasise words	Pounding hand, wagging finger
Distance &Touching	Allowing space to be invaded, no challenge to touch	Respecting personal space, being aware with no inappropriate touching contact	Invading others space, 'the right to touch whenever I want'

