Responsibilities to maintain and protect should be based on the skills, experiences, aptitudes, time, and resources – financial and otherwise – that each family member is best able to contribute.

The Prophet and his wife Khadija together managed her business and mutually cared for and protected each other during times of hardship.

Surah at-Tawbah 9:71 commands 'the Believers, men and women' to be 'protectors (awliya') one of another'.

VALUE EACH OTHER'S BODIES AND SEXUAL RIGHTS

A couple is happiest when they are attuned to each other's physical and mental states.

Many ahadith recognize both men's and women's sexual rights and needs.

Surah al-Baqarah 2:187 says 'They are your garments and ye are their garments'. This implies intimacy and mutual support in spousal sexual relations.

There can be no place for spousal violence in intimate and caring relations.

PARENT TOGETHER

Fathers and mothers should share the responsibility of raising and caring for children.

Gender equality in parenting benefits children and their fathers and mothers.

Studies show the importance for both boys and girls of fathers being involved in terms of their school performance, social skills, etc.

When mothers do most of the caregiving, fathers and children are deprived of close relationships with each other.

COMMUNICATE WITH EACH OTHER

To build healthier and happier relationships, families must talk and listen to each other - wife and husband, children and parents.

Families must make space for open, honest, and safe conversations.

Everyone should be encouraged to share alternative thoughts and opinions without fearing judgment.

CARE AND WORK TOGETHER

Both men and women should bear the physical and mental burden of managing the household and caring for children and family members, instead of women bearing this burden alone.

Caregiving becomes a less significant burden when everyone mutually supports one another daily and in times of hardship.

The Prophet used to keep himself 'busy serving his family' and would 'participate in household chores' (Sahih al Bukhari).

SHARE DECISION MAKING

Joint decision making should apply to all aspects of family life, including matters related to sexual relations, finances, and how to raise and care for children.

The Qur'an enjoins husbands and wives to practice reciprocal consultation and mutual consent (2:233) and to 'take mutual counsel together, according to what is just and reasonable' (65:6).

SUPPORT ONE ANOTHER'S FULL PARTICIPATION IN SOCIETY

All humans, men and women, have the responsibility to manage and participate in the society, and to protect and support each other.

In the Qur'an, God entrusted men and women with the equal responsibility of building human civilization (Q2:30).

God instructed both men and women to 'firmly stand out for justice' (Q5:8) and 'to enjoin the good and forbid the bad' (Q9:71).

RESOLVE CONFLICTS WITH GRACIOUSNESS

How spouses choose to deal with conflicts can determine whether their marriage remains healthy and whether their separation is amicable.

The Qur'an calls couples to enact the overall ethical principle of ihsan (kindness) when severing marriage bonds (2:229).

In disputes that arise from or at the time of divorce, the Qur'an instructs spouses to take ethically-oriented measures that observe justice ('adl), forgiveness ('afw) and graciousness (fadl) (2:237), and the common good (ma'ruf) (2:228).

PROVIDE TOGETHER, PROTECT TOGETHER

Responsibilities to maintain and protect should be based on the skills, experiences, aptitudes, time, and resources – financial and otherwise – that each family member is best able to contribute.

The Prophet and his wife Khadija together managed her business and mutually cared for and protected each other during times of hardship.

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