

# Healthy Relationships

Respect, equality and communication are key parts of healthy relationships.

- Communication is about listening to each other and respecting what the other says.
- It's ok to disagree but it is important to talk about the disagreements and try and resolve them.
- Encouraging and supporting each other in the things you do are an aspect of healthy relationships.
- A healthy relationship does not mean sharing everything with your partner. Some things are private, such as passwords, and that is ok.
- Healthy relationships also include having space from each other. Having your own hobbies and friends is healthy.

Jealousy, power and control are key parts on unhealthy relationships.

How do you know if your relationship is an unhealthy one?

When:

- You and your partner insult or put each other down
- There is jealousy and accusations
- There is swearing at each other
- You say humiliating things to or about each other
- One partner tells the other partner what they can or cannot wear
- One partner makes decisions about where the other partner can go
- One partner makes decisions about what the other partner can do
- One partner physically hurts the other partner
- One partner manipulates, coerces or forces the other partner into sexual acts.

If you think you are in an unhealthy relationship talk to a trusted friend or family member, your doctor or a counsellor and think about the following things:

- You deserve to be valued and respected by your partner
- You deserve to feel safe and secure in a relationship
- People will only change if they think what they are doing is wrong and they want to change.

Ask yourself if your relationship is healthy or unhealthy and consider whether it is time to talk to somebody about it.

You can call a phone line for support, such as 1800 RESPECT - 1800 737 732.

If you are in danger now, call 000.