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Healthy Relationships

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Healthy relationships

I have the right to...

- be in control of only myself
- think for only myself
- express my own opinion, but not force others to agree
- speak my mind respectfully and not abusively
- a safe and respected body space
- safe and respectful communication with others
- be treated respectfully by my partner and our friends
- stop and think about things if I do not feel right
- end a relationship.



What is consent?

A person consents to sexual activity if they do it actively, freely, voluntarily, and consciously, without being pressured into it. Consent is always clearly communicated.

There are laws around when people can consent to sexual activity and when they cannot consent. In Queensland, the legal age to give consent is 16 years therefore any child or young person under that age cannot give consent.

Consent is:

- Mutual
- Freely given
- Informed
- Clearly communicated
- Enthusiastic
- Reversible
- Specific



For more information, check out <https://qsan.org.au/what-is-consent/>

Domestic violence... the warning signs

- Are you afraid to disagree with your partner?
- Are you frightened of your partner's temper?
- Are you often apologising for your partner's behaviour?
- Do you have to justify or explain where you go, what you do, or who you see to avoid your partner's anger?
- Does your partner put you down or call you names?
- Have you ever been hit, kicked, shoved, or had things thrown at you?
- Have you been forced into having sex when you did not want to?
- Are you afraid to break up because your partner has threatened to hurt you or themselves?
- Does your partner try to embarrass you in private or public?

If you answered yes to some of these questions, this might be a sign that abuse is in your relationship or that abusive patterns are starting to develop.

The Teen Power and Control Wheel



Produced by the National Centre on Domestic and Sexual Violence

Power and Control Wheel and Equality Wheel provided by:

DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street Duluth, Minnesota 55802 | 218-722-2781 www.theduluthmodel.org

What do healthy boundaries look like?

- You act on appropriate feelings when you need to. For example, you can say “I’m feeling uncomfortable, so I’ll let you know tomorrow what my answer is”.
- You can say no when you want without experiencing tidal waves of guilt.
- You can choose to do what you want, rather than depending on the suggestions of others.
- You do not blame yourself for everything that goes wrong in a relationship or friendship.



- You do not feel responsible for making a relationship work or making another person happy. You understand it is a shared process.
- You do not take things so personally. For example, if a friend or partner is inconsiderate, you know that it's not necessarily about something lacking in you, but it's their own stuff.
- You can disagree with a friend yet maintain your friendship.
- You know that you are not responsible for the actions of others.
- You feel comfortable receiving as well as giving.



Signs of unhealthy boundaries

- Going against your personal values or rights to please others.
- Not noticing when someone else invades your boundaries or displays inappropriate behaviour.
- Accepting food, gifts, touch, or sex you do not want.
- Allowing someone to take as much as they want from you.
- Letting others direct your life, describe your reality, or define who you are.
- Believing others can anticipate your needs and should fill them automatically or that you should do the same for others.
- Trusting no one or trusting anyone (black and white thinking).
- Telling all or oversharing.
- Talking on an intimate level on first meeting.
- Falling in love with a new acquaintance or anyone who reaches out.
- Being overwhelmed or compulsively preoccupied with a person.
- Acting on first sexual impulse.
- Being sexual for your partner, not yourself.



@Hunnahken

The artwork in this brochure is from young people who have experienced sexual abuse and is representative of their journey from the abuse through to recovery.



Things that don't help

It can be hard to know what to do when you see physical or emotional abuse, especially when someone you love is the victim.

False assurance: Never encourage a friend to accept violence in a relationship as 'no big deal.' If your friend is coming to you with something, listen to them – if they think it's a problem, you should too.

Ultimatums: It can be frustrating and painful to see someone you love stay with someone who is hurting them, but issuing an ultimatum plays directly into abuser's hands.

Rudeness or 'tough love': Saying things like "you're stupid for staying with this person" or "this person is so bad for you" contributes to isolation. If your friend feels ashamed they will not confide in you.

Being a martyr: Don't physically intervene when you see violence, and don't try to carry out 'revenge' in the form of violence or harassment.

Insincerity: Don't laugh at a friend who comes to you with a problem in their relationship, and don't accuse them of lying.

Try your best to believe what they are saying because things could become serious very quickly.



So what can help?

Talk to your friend about concerns you may have about their relationship.

Know your allies: Who do you trust? Who are the teachers or coaches you can talk to about this? It can be anyone who makes you feel safe.

Knowing resources: Where can your friend go if they want to report the abuse? (Offer to go with them.)

Always being there to listen: It's very important that you make yourself known as a 'safe' person that your friend can always count on.



If you see violence, tell a trusted adult. Stay with your friend to give support. If you see violence in the moment, run and find a trusted adult to intervene.

Do not intervene yourself.



It is your human right to be safe. Talk to family or friends you feel safe with or reach out and get support – you can get free advice to understand your situation and what support is available.

When you speak to us, we will **RESPECT** you, **BELIEVE** you, and help you to feel **COMFORTABLE**.

DVAC support services:

Ipswich 07 3816 3000
Toowoomba 07 4642 1354

More support:

DV Connect: 1800 811 811 (24/7)
dvconnect.org

1800 Respect: 1800 737 732
1800respect.org.au

Kids Helpline: 1800 55 1800
kidshelpline.com.au

Kobi House: 07 4616 6446

In an emergency call 000



www.dvac.org.au

We acknowledge and respect that we provide services across the lands and waters of the Bundjalung, Barranggam, Jarowair, Jagera, Ugarapul, and Yuggera Peoples. DVAC is an inclusive service to all eligible members of the community experiencing domestic, family and/or sexual violence. People from all religions, ethnicities, LGBTIQI, ages, and abilities are welcome.



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