

Strong and healthy RELATIONSHIPS

Healthy relationships help us feel strong, connected, and cared for. Everyone deserves a relationship that makes them feel **safe**, **respected** and **equal**.



What does a healthy relationship look like?

You should feel safe in all relationships – this could be with your boyfriend, girlfriend, family, or people you live with. Healthy relationships are based on:



Respect

Speak to each other in a good way, even when you don't agree.

Support

Be there for each other, through good times and the harder times.

Honest yarns

Have open and honest yarns, and listen to each other.

Trust

It's about feeling safe together, where it's ok to say no without fear.

Sharing decisions

Both people get to have a say, and disagreements are talked through calmly.

Space

Having time for yourself and your family.

Care

Look after each other's wellbeing, as well as your own.

You should always feel safe and respected

A relationship should make you feel:



It's normal for relationships to have ups and downs. It's important that relationships make you feel more happy, than stressed. Keeping relationships strong isn't always easy and there's no shame in reaching out for a yarn when things get tough.

Everyone has the right to feel safe. If you are experiencing abuse or family violence in any form, there are people that can help:

13YARN
13 92 76

Women's Domestic
Violence Helpline
1800 007 339

Men's Domestic
Violence Helpline
1800 000 599

Kids Helpline
1800 55 1800

1800RESPECT
1800 737 732

In an emergency call 000

For more information, visit

[wa.gov.au/familyviolence](https://www.wa.gov.au/familyviolence)

