

Healthy Relationships

TIP SHEET

Healthy relationships are positive, respectful and mutually supportive in nature. They are beneficial to our health and wellbeing.

All relationships can have both healthy and unhealthy moments, but the key is to have more good times than challenging times.

It's important though to know that there's a difference between unhealthy moments and unsafe moments in relationships.

We often feel safe when we can be our authentic self without the risk of excess judgement or the fear of being taken advantage of in our own home.

At the end of the day, you should always feel safe in your relationship.



Signs of a healthy relationship

- **Equality**, where both people in the relationship feel like they can talk about their experiences or speak their minds without feeling worried, scared or criticised. There is a sense of fairness about how decisions get made and compromises are even.
- **Mutual respect** for who the other person is. You do not have to agree on everything, but you understand and respect each other's values, opinions and boundaries.
- **Trust** in one another.
- **Good communication**, involving both talking and listening, and listening and talking. That is, you each get an opportunity to talk and be heard.
- **Separate identities**. Each person has their own sense of personal and social identity. Couples need to acknowledge, accept and respect their partner's choices.
- **Support for each other** in pursuing individual passions and interests.



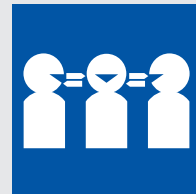
Changing your relationship

If you feel that there are more unhealthy than healthy moments in your relationship, it's important to know that this can change if both people are willing to try, and it's safe to do so.

Unhealthy relationships may consist of behaviours like neglecting your partner's needs; and showing a lack of respect for each other's friends and family. These are a subtle or explicit attempt to exert power and control over a partner, and such a relationship may frequently cause stress and pressure.

- **Discuss** how you're feeling with your partner.
- **Make a commitment** to change what's happening.
- **Try to make those changes** within your relationship.

If you feel that you need more support, it is important to seek help from family and relationship support services.



This resource is available in other languages. *

Reach out to us

Contact us to find out how we can assist you and your family.

Call 1300 364 277

Email enquiries@rav.org.au

Visit www.rav.org.au

Please let us know in advance if you need an interpreter.

About us

Relationships Australia Victoria has more than 70 years' experience supporting Victorians. We provide a diverse range of family and relationship support services including counselling, family dispute resolution (mediation), family violence services, and relationship education programs. Our services are for all members of the community.

Other support services

South East Community Links

A universal service provider, South East Community Links delivers a wide range of assistance to achieve better social and economic outcomes for people in our community.

www.secl.org.au

InTouch - Multicultural Centre Against Family Violence

Supports women from migrant and refugee backgrounds, their families and their communities.

<https://intouch.org.au>

safe steps Family Violence Response Centre

Free family violence support for women and children.

www.safesteps.org.au

The Orange Door

Free service for those impacted by family violence and families who need extra support with the care of children.

www.orangedoor.vic.gov.au

Windermere

Child and family support services.
www.windermere.org.au/services/family-services



This resource was produced in collaboration with South East Community Links.

* We have attempted to provide an accurate translation, however, we recognise that due to the complexity of language, each person may have a varying understanding of the information provided.