



Healthy relationships.



What makes a respectful, equal and healthy relationship?



- Each person values the other and respects who they are.
- Each person trusts the other and feels trusted.
- Each person can share their thoughts and opinions openly without being disrespected.
- Each person can talk about how they feel, while listening to the other person express their feelings.
- Each person shares the role of decision making with the other person.
- Each person makes decisions in their relationships and is able to compromise.
- Each person feels safe.

If you are feeling unsafe in your relationship, please discuss a safety plan with your Maternal and Child Health nurse or other health provider.

Children learn through role modelling from a very young age.

When children learn about equality, they are more likely to learn to be respectful of themselves and others.

Support and Resources

If you feel that you would like to get support with your relationship, please access relationship counselling via:

- **Relationships Australia**
Phone: 9261 8799 | Website: relationships.org.au
- **Drummond Street Services**
Phone: 9663 6733 | Website: ds.org.au

If you feel unsafe you can contact:

- **1800 RESPECT for 24/7 help and support**
Phone: 1800 737 732
Website: 1800respect.org.au/telephone-and-online-counselling

Other support services:

- **Safe Steps**
Phone: 1800 015 188 | Website: safesteps.org.au
- **InTouch – Multicultural Centre Against Family Violence**
Phone: 1800 755 988 | Website: intouch.org.au
- **MensLine Australia**
Phone: 1300 78 99 78 | Website: mensline.org.au
- **Berry Street**
Phone: 03 9429 9266 | Website: berrystreet.org.au
- **Orange Door**
Phone: 1800 319 355
- **Child Protection Crisis Line**
Phone: 13 12 78
- **Fitzroy Legal Centre**
Phone: 9419 3744

