

# HEALTHY Relationships

If you are in a healthy relationship, you will feel valued, respected and have the freedom to be yourself.

Your partner will respect you, your friends and your family.

You will be able to make choices and decisions without any pressure.

There will be a clear understanding that any sexual activity needs consent.

Only YES means YES



Together you will talk arguments out honestly and openly without any threats, intimidation or violence.

# UNHEALTHY Relationships



If you are in an unhealthy relationship, you may feel confused, scared, trapped or bad about yourself.

It may be hard to imagine that someone you love and trust can abuse you. Abuse is when someone tries to control or hurt you. This could include verbal, emotional, physical or sexual abuse.

If you are experiencing abuse in a relationship, it is not your fault. Support, information and counselling are available.

Gold Coast Centre Against Sexual Violence  
Tel: (07) 5591 1164  
Statewide Sexual Assault Line  
1800 010 020  
Domestic Violence Prevention Centre  
Tel: (07) 5532 9000  
24 Hour Domestic Violence Line  
1800 811 811

Local Contact:



GOLD COAST CENTRE  
against sexual violence inc.

P.O. Box 1924 Southport Qld. 4215 Australia  
Email: gcsass@bigpond.com  
Tel: (07) 5591 1164 Fax: (07) 5591 1173

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# THINKING ABOUT Relationships



Artist: Aileen Kanazawa

Picture the Peace ...

GOLD COAST  
CENTRE AGAINST SEXUAL VIOLENCE INC.


TELEPHONE: (07) 5591 1164  
[www.stopsexualviolence.com](http://www.stopsexualviolence.com)

## LET'S TALK ABOUT LOVE

Good decisions about love and relationships are made by people who believe in respecting themselves and others. Those who understand that they have choices and have a right to feel safe at all times.

There are many things about love that can not be summed up in just one word... here are two lists about what love is and isn't to help you choose a healthy relationship....

## LOVE IS....



- Feeling safe
- Caring
- Honesty
- Openness
- Trust
- Choices
- Joint decision making
- Time with other friends
- Consideration
- Closeness
- Responsibility
- Pleasure
- Commitment
- Consensual sex

"I respect her so when she says NO, I stop"



## LOVE ISN'T....



- Feeling scared
- Selfish
- Lies
- Secrecy
- Jealousy
- Control
- One person always deciding
- Possessiveness
- Manipulation
- Isolation
- Irresponsibility
- Pain
- Obsession
- Sex without consent

"I'm always worried what he will do when other guys talk to me"

