

# Safe Relationships

## What is happening in my relationship?

Teen dating violence is what happens in a teen dating relationship when one person uses physical, emotional or sexual abuse to gain power and keep control over the other person.

Dating violence is not an argument once in a while. It is a continual pattern of abusive and/or violent behaviour.

## Who can I talk to?

If you are worried about yourself or a friend you can:

Call safe steps on 1800 015 188, 24 hours 7 days per week

Contact someone you can trust like a relative, teacher or school guidance officer

If you feel that you or someone you care about is in immediate danger call the Police on 000

## Signs of a violent relationship

Are you going out with someone who...

- Is jealous and possessive, won't let you have friends, checks up on you, and won't accept breaking up?
- Tries to control you by being bossy, giving orders, making all the decisions, not taking your opinions seriously?
- Puts you down, tells you that you would be nothing without them?
- Scares you?
- Makes you worry about their reactions to things you do or say?
- Threatens you or intimidates you?
- Has a history of fighting, loses temper quickly, brags about mistreating others?
- Grabs, pushes, shoves or hits you?
- Pressures you for sex or is forceful or scary about sex?
- Gets too serious about the relationship too fast?
- Abuses alcohol or other drugs and pressure you to take them?
- Has a history of failed relationships and blames the other person for all the problems?
- Makes your friends and family uneasy or concerned for your safety?
- Makes you feel like you need to apologise to for their behaviour?

**These are all signs you are in a violent relationship and you need to seek help.**

## Your relationship rights

You have the right to...

- Ask for a date
- Refuse a date
- Be treated with respect always
- Choose and keep your friends
- Tell your boyfriend/girlfriend when you need affection
- Refuse affection
- Change your mind at any time
- Leave a relationship
- Be treated as an equal
- Refuse sex at any time, for any reason
- Feel safe, no matter who you are hanging out with!

## How to recognise if your relationship is healthy

- You trust your partner.
- Your partner likes your friends, encourages you to spend time with them, and wants to include them in his/her life as well as yours.
- You make important decisions together.
- Your partner understands when you spend time away from him/her and vice versa.
- You don't have to lie to protect your partner's reputation or cover for their mistakes.
- Disagreements are handled fairly and using facts, not emotional attacks.
- Your partner encourages you and helps you reach your goals.
- Your partner likes you for who you are — not just for what you look like.
- You and your partner show respect for one another.
- You talk about your goals for and feelings about your relationship.
- You are not afraid to say what you think and why you think that way. You like to hear how your partner thinks, and don't always have to agree.
- You have both a friendship and a physical attraction.
- You don't have to be with your partner 24/7.
- The relationship is based on equality, open communication, respect for boundaries, trust, and commitment.
- A healthy relationship is built around respect, fun, honesty, a sense of humour, trust, love, space, compatibility, compromise, caring, listening, maturity, forgiveness, understanding, empathy, change, growth, learning from each other, sharing, friendship, being faithful, and commitment.