

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 as well as your friends.

There will be a clear understanding that No means No if you don't want to do something - like have sex.



Together you will compromise and resolve conflict peacefully.

This will happen by talking honestly and openly without anyone resorting to threats, intimidation, or violence.

BAD Relationships



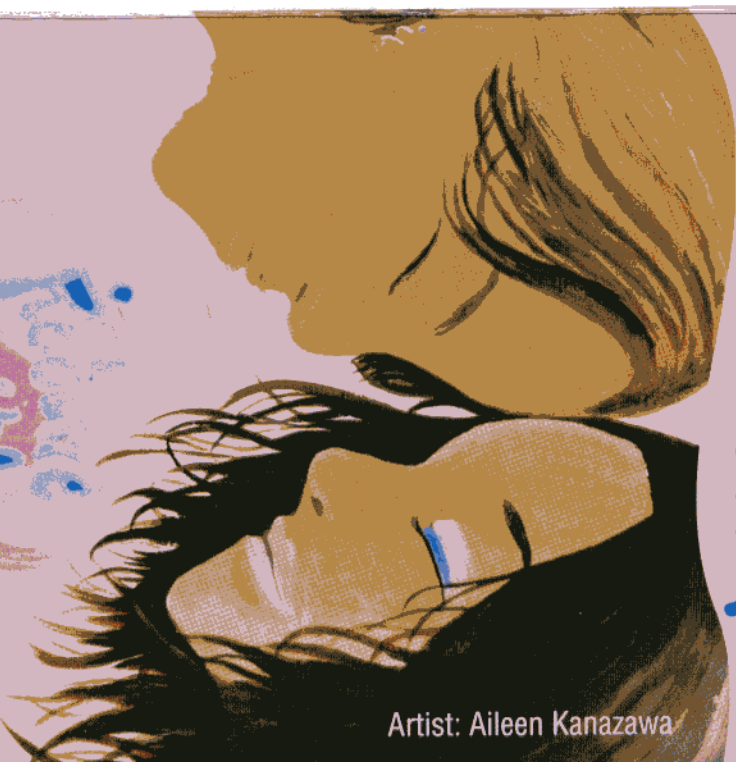
If you have experienced abuse or violence within a relationship or your rights are not currently being respected, you are not alone ~ help is available.

If you would like support, information or counselling in relation to violence within a relationship, these contacts may be useful:

<p>Gold Coast Sexual Assault Support Service Tel: (07) 5591 1164</p>
<p>Statewide Sexual Assault Line 1800 010 020</p>
<p>Gold Coast Domestic Violence Service Tel: (07) 5532 9000</p>
<p>24 Hour Domestic Violence Line 1800 811 811</p>
<p>Local Contact:</p>
<p>SEXUAL ASSAULT SUPPORT SERVICE SERVICE</p>
<p>P.O. Box 1924 Southport Qld. 4215 Australia Email: gcasass@bigpond.com Tel: (07) 5591 1164 Fax: (07) 5591 1173</p>

© SEXUAL ASSAULT SUPPORT SERVICE

THINKING ABOUT Relationships



**GOLD COAST
SEXUAL ASSAULT SUPPORT SERVICE
TELEPHONE: (07) 5591 1164**

Artist: Aileen Kanazawa

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.....



- Pleasure
- Commitment
- Caring
- Consensual Sex
- Responsibility
- Closeness
- Feeling Safe
- Consideration
- Joint Decision Making
- Time With Other Friends
- Honesty
- Openness
- Trust

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



LOVE ISN'T.....



- Pain
- Obsession
- Selfish
- Forced Sex
- Irresponsibility
- Isolation
- Feeling Scared
- Manipulation
- One person always deciding
- Possessiveness
- Lies
- Secrecy
- Jealousy

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

