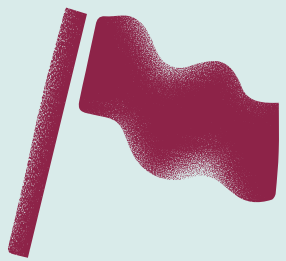


Healthy Relationships **AND RED FLAGS**



Signs of an *unhealthy relationship*

It is never OK for someone in a relationship to:

- Physically hurt your body in any way
- Touch you in ways or places you don't want to be touched
- Force you to have sex or do sexual things
- Express extreme jealousy when you spend time or show affection to friends, family or your children
- Control or monitor your technology (phone, computer or internet searches)
- Say and do things that make you feel scared or unsafe
- Take your money or use money to make your life hard
- Damage walls, parts of your home, or your things
- Threaten to hurt you, your children, your pets or people you care about
- Threaten to hurt themselves
- Share private photos or videos of you online without your permission
- Stop you from following your religion or cultural practices
- Isolate you from friends, family or the workplace
- Refuse to provide essential care if they are your parent, guardian, carer, or paid support person
- Make looking after a baby hard by not letting you feed or settle your baby
- Scare you by following you, harassing you, or refusing to leave you alone
- Use the legal system to bully or intimidate you
- Stop you from making decisions about whether or not to have a baby, or other reproductive issues
- Stop you from having medicine you need or from seeing a doctor
- Give you medicine you don't need or more medicine than you need



Signs of a *healthy relationship*

A healthy relationship gives you freedom to:

- See family and friends
- Go out without the other person
- Control your own money
- Make decisions about your body
- Make decisions about your work, friends and where you live
- Make decisions about what you wear
- Have your own hobbies and interests
- Follow your own cultural practices, religion or spiritual beliefs
- Communicate when you feel unsafe
- Celebrate your achievement
- Voice your opinions and feelings

If you or someone you know needs support in Australia call
1800 RESPECT (1800 737 732)

If you want to join the movement to end gender-based
violence in a generation visit **wagec.org.au**

**WOMEN'S
AND GIRLS'
EMERGENCY
CENTRE**