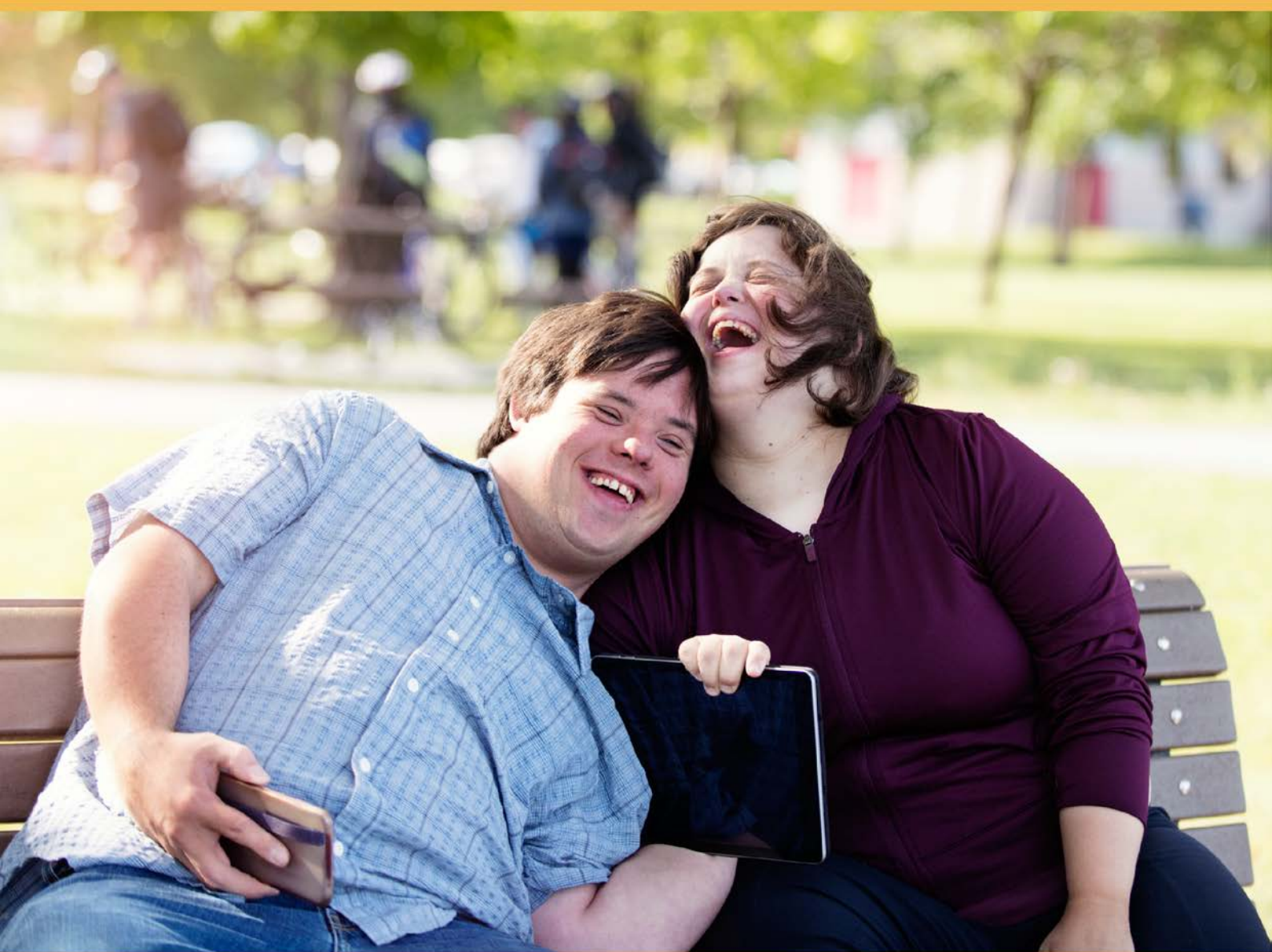


What is a healthy relationship?

An Easy Read guide



Queensland
Government

How to use this guide



The Queensland Government wrote this guide.
When you see the word 'we', it means the Queensland Government.



We wrote this guide in an easy to read way.
We use pictures to explain some ideas.

Not bold
Bold

We have written some words in **bold**.
This means the letters are thicker and darker.



We explain what these words mean.
There is a list of these words on page 30.



This Easy Read guide is a summary of some pages from a website. This means it only includes the most important information.



You can visit the website at
www.qld.gov.au/neverokay



You can ask for help to read this guide.
A friend, family member or support person
may be able to help you.



In this guide, we talk about some things that
might upset you.



If you get upset and need support, there are services
you can contact.



You can find their contact details on page 32.



You can also find more Easy Read information on
our website.

www.qld.gov.au/neverokay

What's in this guide?

What are relationships?	5
What is a healthy relationship?	9
Signs of a healthy relationship	12
What is an unhealthy relationship?	22
What is domestic and family violence?	23
Violence and abuse in other relationships	28
Word list	30
More information	32

What are relationships?



Your **relationship** with someone is how you are connected to them.



You can have different types of relationships.



You can have family relationships.

You have a family relationship with your:



- parents



- other relatives.

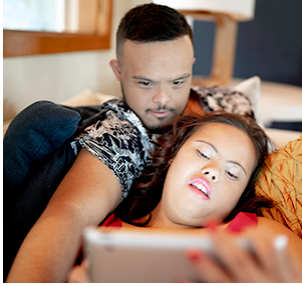
Your family should support you when things:



- go well



- don't go well.



You can have **romantic** relationships.



A romantic relationship is a very close relationship you have with another person.



You might go out on dates.



Romantic relationships can also be sexual relationships.



But you can have a romantic relationship without it being sexual.



You can have relationships with your friends.

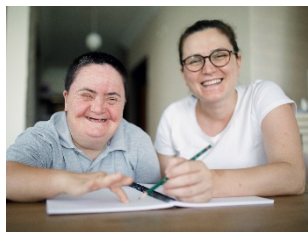
We call these **friendships**.



You can have relationships with people you
work with.

What is a healthy relationship?

A healthy relationship makes you feel:



- happy



- safe



- like you matter



- respected.



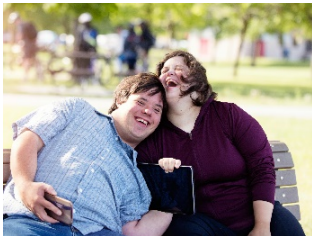
People with disability need and want healthy relationships.



People with disability have the **right** to be in healthy relationships.



Rights are rules about how everybody should be treated.



It's important to know what a healthy relationship:

- looks like
- feels like.



It will help you understand when a relationship is unhealthy.



Sometimes people in healthy relationships:

- disagree
- argue.



But people in healthy relationships talk about:

- the problem
- how to fix it.



It's ok to have different opinions.



Having different opinions can:

- make your relationship stronger
- help you understand each other.

Signs of a healthy relationship



Every relationship is different.



There are signs that a relationship is healthy.



We talk about the signs of a healthy relationship on the following pages.

Respect



You respect:

- each other
- what is different about you.

no



You respect when the other person says “no”.

The other person respects when you say “no”.



You trust each other.



You're honest with each other.



You make decisions together.

Kindness

You're there for each other when you have:



- good times



- bad times.



You show each other you care with:

- touch
- kisses
- hugs.

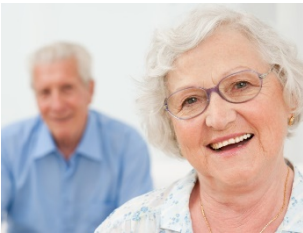


You do kind things to make each other happy.

Trust



You trust each other.



You believe the other person won't hurt:

- you
- the relationship.



You believe the other person will be honest.



You respect each other's privacy.

Communication



You share your:

- feelings
- hopes
- dreams.



You listen to each other's:

- ideas
- opinions.



When you don't agree about something, you still:

- talk to each other
- listen to each other.



You can tell the other person when they have done something to upset you.

Being equals



You see yourselves as equals.



Nobody believes they are more important than the other person.



You both put the same amount of effort into the relationship.



You work together to find a way for both of you to be happy when you don't:

- agree
- want the same thing.

If you live together, you share work or jobs you need to do like:



- cooking



- cleaning



- looking after children



- paying bills.

You can get things you need, such as:



- money



- transport.

Freedom



You enjoy spending time together.



You enjoy spending time apart.

You enjoy spending time with:



- friends



- family.

You support each other so you can have your own:



- friends and other relationships



- hobbies



- interests.



You don't need to be together all the time.

Safety



You feel safe when you're together.



When you have a problem, you can tell the other person.



You don't worry about what they will:

- say
- do.



The other person doesn't make you do things you don't want to do.

You don't hurt each other's:



- bodies



- feelings.

What is an unhealthy relationship?



It's important to know what an unhealthy relationship:

- looks like
- feels like.

An unhealthy relationship can make you feel:



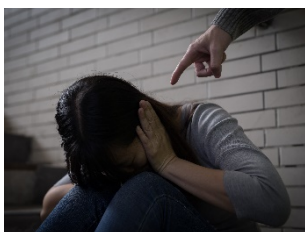
- scared



- unsafe



- trapped.



The other person might:

- say mean things
- do mean things.

What is domestic and family violence?



Domestic and family violence is when you are hurt, controlled or scared by someone close to you.



Under Queensland's law, domestic and family violence can happen in different types of relationships.

Domestic and family violence can happen in a romantic relationship with your:



- boyfriend, girlfriend or partner



- husband or wife.

Domestic and family violence can happen:



- in your romantic relationship now
- after a romantic relationship ends.



Domestic and family violence can happen in a relationship with a member of your family.

This could mean a:



- parent
- brother or sister
- adult child
- aunt or uncle
- cousin
- grandparent.



You can also have a family relationship with your:

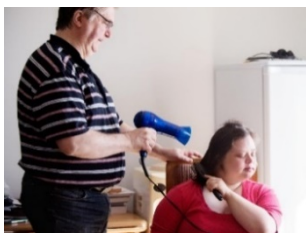
- other relatives
- **kin**
- **stepfamily.**



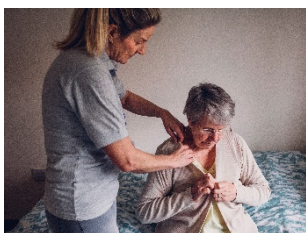
Your kin are people you call your family.



Your stepfamily are people you are related to by marriage.



Domestic and family violence can happen in a relationship with your **informal carer.**



Your informal carer is someone who helps you with daily tasks.



Your informal carer can be:

- your family
- your friend
- another person in your community
- your neighbour.



An informal carer is not the same as a disability support worker.



Domestic and family violence is never ok.



You can get help if you think you might be experiencing domestic and family violence.



There is more information about this on page 28.



You can also find more Easy Read information on our website.

www.qld.gov.au/neverokay

Violence and abuse in other relationships



Violence is when someone hurts your body.



Abuse is when someone treats you badly.



Violence and abuse can happen in other types of relationships.



You might experience violence or abuse from your child who is under 18 years of age.



But violence and abuse are never ok.



If you think you are experiencing violence or abuse in another type of relationship, you can still get help.

You can talk to:



- domestic and family violence services



- someone you trust.

Word list

This list explains what the **bold** words in this document mean.



Abuse

Abuse is when someone treats you badly.



Domestic and family violence

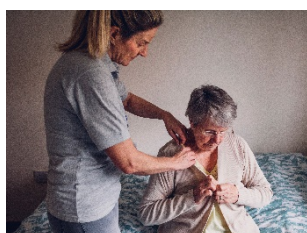
Domestic and family violence is when you are hurt, scared or controlled by someone close to you.



Friendships

You can have relationships with your friends.

We call these friendships.



Informal carer

Your informal carer is someone who helps you with daily tasks.

An informal carer is not the same as a disability support worker.



Kin

Your kin are people you call your family.



Relationship

Your relationship with someone is how you are connected to them.



Rights

Rights are rules about how everybody should be treated.



Romantic

A romantic relationship is a very close relationship you have with another person.



Stepfamily

Your stepfamily are people you are related to by marriage.



Violence

Violence is when someone hurts your body.

More information

If you are in danger now:



- call TripleZero
000



- ask for the police.

If you think you are in an unhealthy relationship:



- talk to someone you trust



- call DVConnect Womensline
1800 811 811



You can find more information on our website.



www.qld.gov.au/neverokay



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