

# Healthy Relationships



**Everybody has the right to have healthy relationships.**

**In a healthy relationship, both people:**

- feel respected
- feel safe
- trust each other
- are honest with each other
- communicate with each other
- understand each other

**Sometimes it can be hard to know if a relationship is healthy or unhealthy.**

**This is why it is important to teach your child about healthy and unhealthy relationships.**

**It will help to keep your child safe.**



## What is on this page?

This page is about how you can teach your child about healthy and unhealthy relationships.

It has easy read information about:

- signs of a healthy and unhealthy relationship
- what your child should do if they are worried about a relationship
- ways you can teach about healthy relationships
- resources you can use to teach about healthy relationships



## What are signs of a healthy relationship?

People in a healthy relationship:

- have fun together
- feel comfortable with each other
- can say 'no' to things they do not want to do
- can make their own decisions about what they want to do
- can be themselves and be honest about what they think and feel
- listen to what the other person is saying
- can talk about things together and make compromises
- support each other through good times and bad times



Sometimes people in a relationship do not agree with each other and argue.

It is OK for people to argue sometimes.

Sometimes people in a relationship argue a lot.

They might become angry or upset.

This can be a sign of an unhealthy relationship.



## What are signs of an unhealthy relationship?

It might be an unhealthy relationship if the other person:

- makes you feel bad or uncomfortable
- makes fun of you or puts you down
- says they are going to hurt you
- does not let you spend time with your friends or family
- hits or pushes you
- pulls your hair
- calls you names



- shouts or swears at you
- takes your money without asking or always asks for more money
- makes you do things you do not want to do
- makes you do sexy things you do not want to do, like:
  - kissing
  - touching
  - sending sexy photos
  - having sex



## What should my child do if they are worried about a relationship?

Teach your child to speak to a safe person if they are worried about a relationship.

Your child's safe person might be:

- you
- another parent or carer
- a support worker
- their teacher at school
- their doctor

It is important your child has more than one safe person in case you are not there.



You can use the My Safe People worksheet to help your child remember who their trusted people are.

## Ways you can teach about healthy relationships

Talk to your child about relationships

You can ask your child questions like these:

- You and your friend \_\_\_\_\_ seemed to have a great time today.

Why do you like them?



- I'm going out with my friend Taylor tonight.

I really like Taylor, but sometimes they talk too much about work.

Do you think that's OK in a relationship?

- Did you see those people on the street having an argument?
- Do you think arguing is OK in a healthy relationship?

You can also talk about relationships while watching a movie or TV show.

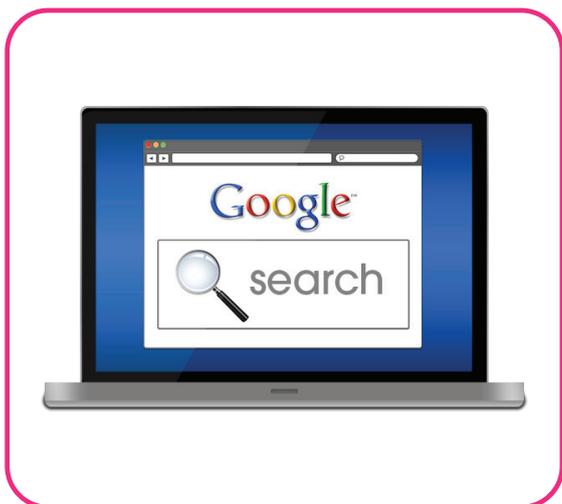
You can ask your child questions like:

- Do the characters look like they are in a healthy or unhealthy relationship?
- How do you know?



## My Safe People Worksheet

- Print off the My Safe People worksheet from the Planet Puberty website
- Help your child to fill in the worksheet with the information about their 3 safe people
- Put the finished worksheet on the wall to help your child remember who their safe people are



## Activity with photos

- Find photos on the internet of things in relationships that are healthy and unhealthy. For example, a photo of people arguing or a photo of people hugging.



- Print the photos or show your child the photos on the computer or tablet screen
- Ask your child to pick whether each photo is something that happens in a healthy or unhealthy relationship

## Resources for you to use

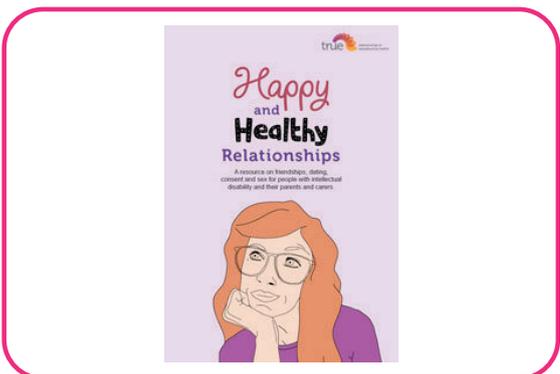


[My Safe People worksheet](#)



BodyTalk website

[bodytalk.org.au/relationships/](http://bodytalk.org.au/relationships/)



Happy and Healthy Relationships  
book by True Reproductive and  
Sexual Health

[www.true.org.au/resources#!/Happy-and-Healthy-Relationships/p/125808161/](http://www.true.org.au/resources#!/Happy-and-Healthy-Relationships/p/125808161/)

[category=24315254](http://www.true.org.au/resources#!/Happy-and-Healthy-Relationships/p/125808161/)



## Traffic Life Game by Focus Games

[www.trafficlifegame.com](http://www.trafficlifegame.com)



## What to read next:

- [Consent in relationships](#)
- [Bullying](#)
- [Things people do in relationships](#)

For more information go to the  
Planet Puberty website

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)