

## Things people do in relationships



There are many things your child needs to learn about relationships.

First they need to learn about the different types of relationships.

You can learn more about that here [Types of Relationships](#)

They then need to learn about the different things people do in relationships.



## What is on this page?

This page is about how you can teach your child about the different things people do in relationships.

It has information about:

- the things people do in different relationships
- how you can talk to your child about the things people do in relationships
- things you can try when teaching your child about the things people do in different relationships

## Things people do in relationships

People in different types of relationships do different things with each other.



- Strangers do not usually touch.

Sometimes strangers might talk to each other.

For example, you might talk to a stranger to ask when the next bus is, or to order food at the restaurant

- Acquaintances are people you know a little bit.

You might wave hello or shake hands.

You might talk to each other, but usually not about private or personal things



- Professional helpers might wave hello, shake hands or give high fives.
- They might use touch to help you.

They might talk to you about the thing they help you with.

They should always ask you before they give help

- Friends might give each other hugs or kisses on the cheek.

Friends might go out together, smile and laugh together.

They might talk about personal things

- Family members might give each other hugs or kisses on the cheek too.



Family members might go out together, smile and laugh together.

They might talk about personal things

- Intimate partners might hold hands, hug, kiss or have sex.



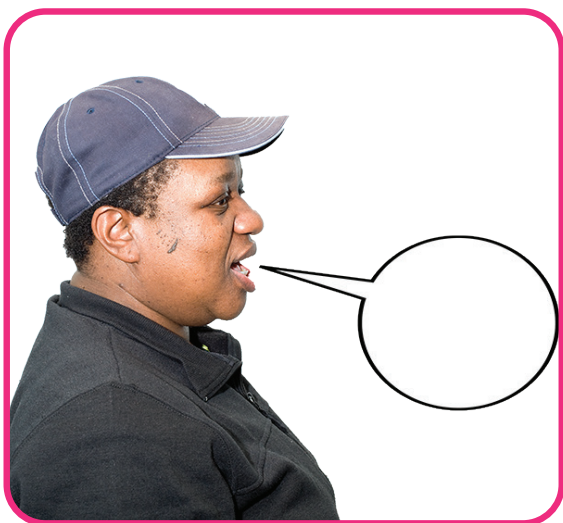
Intimate partners might go out together, smile and laugh together.

They might talk about personal things

Each relationship is different.

You should talk to your child about the types of touch that are OK in their relationships.

For all relationships, it is important to teach your child that both people must say 'yes' to any type of touch.



## Talking about things people do in relationships

Here are some things you can say to start talking to your child about things people do in relationships:

- “I saw you playing with a new person at the park.

What’s their name? What games do you like to play together?”

- “I’m going out with my friend Jo.

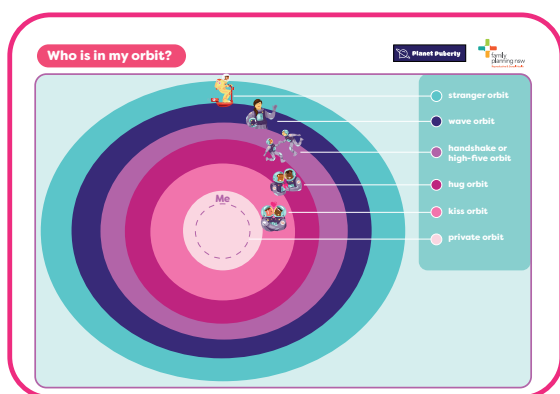
We’re going to watch a movie together.

What do you like to do with your friends?”

- “we’re going to see the doctor today.

They’re a professional helper.

Do you know what that means?”



## Things for you to try

### Who is in my orbit worksheet

Use the ‘Who is in my orbit’ worksheet to help your child learn about the different types of relationships.

You can find the worksheet [here](#).

Ask your child about the things they like to do with each person in their circles.

Ask them what type of touch might be OK.

Remind them that both people must say 'yes' to any type of touch.

Hang the finished worksheet on your child's bedroom wall.

Use it to remind them what types of touch are OK with a person they know.

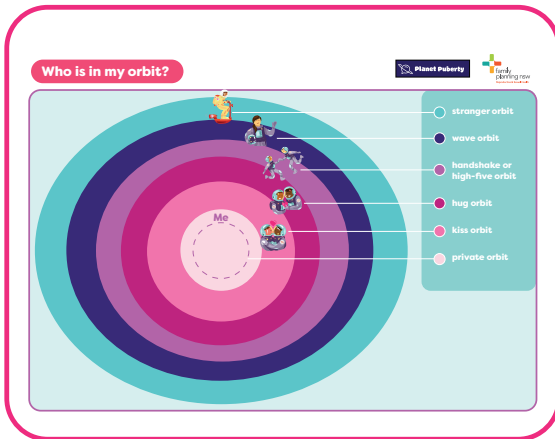


### Use TV shows

Talk to your child about the types of touch that are OK in relationships while you are watching a movie or TV show.

Here are some things you could ask your child:

- are the characters using types of touch that are OK with their friends or not?
- did the characters ask each other for permission before kissing?

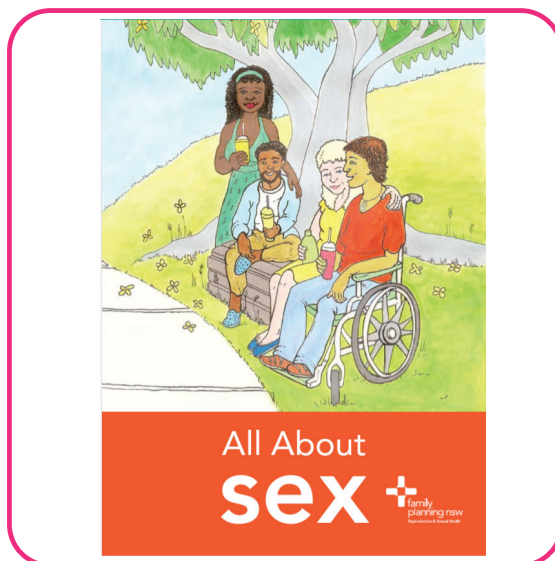


## Resources for you to use

### Who is in my orbit worksheet

**Planet Puberty**

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Whos-in-my-Orbit-F.pdf>



### All About Sex factsheet - Relationships

**Family Planning NSW**

[https://www.fpnsw.org.au/sites/default/files/assets/factsheet\\_09\\_relationships.pdf](https://www.fpnsw.org.au/sites/default/files/assets/factsheet_09_relationships.pdf)



## Circles – Intimacy and Relationships program

<https://bcu22.angelfire.com/Circles.html#:~:text=CIRCLES%C2%AE:%20Intimacy%20&%20Relationships%20Education>



## Relationship Skills: A Photo Resource

Liz Dore – relationships and private stuff

<https://www.relationshipsandprivatestuff.com/>



## What to read next?

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

**For more information go to the  
Planet Puberty website**

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