

We all deserve to feel *safe and supported*

This brochure is designed to help spot the signs of an unhealthy or abusive relationship.

What is abuse?

In a healthy relationship, both people are free to share their opinions, and to make their own decisions. In an unhealthy relationship, one partner uses abuse to gain and maintain power and control over another person.

Domestic and family violence is when a partner, family member or ex uses abusive, threatening, and/or controlling behaviour to make you feel scared or unable to make choices. It may occur only once, or over an extended period of time.

Abuse can happen to anyone

Abuse can affect all nationalities, races, religions, sexualities, genders, economic and social backgrounds. It can occur in all sorts of relationships, families and communities.

People belonging to communities that face discrimination, may experience higher rates of abuse, or may find it hard to seek support from a service that meets their needs. This includes people living with disabilities, Aboriginal and Torres Strait Islander women, women from diverse backgrounds, pregnant women, and the LGBTQIA+ community.

Women are largely the victims, but, the ripple effects mean children, families and communities are impacted too.

There is no excuse for abuse

Alcohol, stress, substance abuse and poverty do not excuse abuse. Everyone has the right to live free from fear and violence.

Abuse is never your fault



Do you or someone you know *need support*?

No one has to face this alone. There is support available 24 hours a day, 7 days a week.



1800 RESPECT
1800 737 732

Support for people impacted by sexual assault, domestic or family violence.



NSW Domestic Violence Line
1800 65 64 63

Counselling and referrals for women experiencing domestic and family violence. Interpreters are available.



Kids Helpline
1800 55 1800

Counselling for young people aged 5-25.



**Charmed and
Dangerous Guide**

A woman's guide to reclaiming a healthy relationship.



**WAGEC
Support Options**

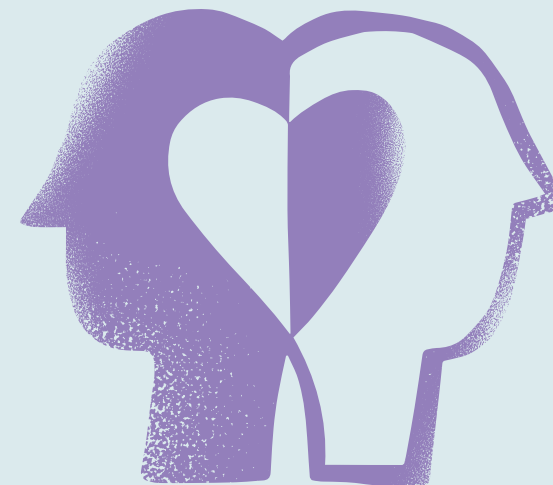
A list of different support services available.



Women's and Girls' Emergency Centre (WAGEC) is an ACNC Registered Charity and all donations over \$2 are fully tax deductible. Women's and Girls' Emergency Centre (WAGEC) ABN 92622900342

HEALTHY, RESPECTFUL *Relationships*

A guide to help identify healthy and unhealthy relationships



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

(02) 9319 4088
wagec.org.au

What are the different types of abuse?

There are multiple forms of abuse that can occur in an unhealthy relationship. Below are some ways to identify the different types of abuse.



Physical

This is physical harm to you, your children, or pets. It can be things like hitting, slapping or kicking.



Psychological and Emotional

Behaviour and comments which may scare, humiliate, harass or take away your freedom.



Financial and Economic

This is when someone takes control of your money, makes financial decisions for you, or prevents you from working or studying.



Cultural or Spiritual

Using a person's beliefs or culture to control them, including stopping them from participating in religious or spiritual practices.



Social

When someone criticises, jokes, or puts you down in front of others. It's also when they isolate you by controlling where you go and who you see.



Sexual

Unwanted sexual behaviour that you have not consented to. It can be when a person is forced, tricked, or coerced into sexual behaviour.



Other Forms of Abuse

Reproductive abuse, technological abuse, legal abuse, neglect, stalking, and threats.

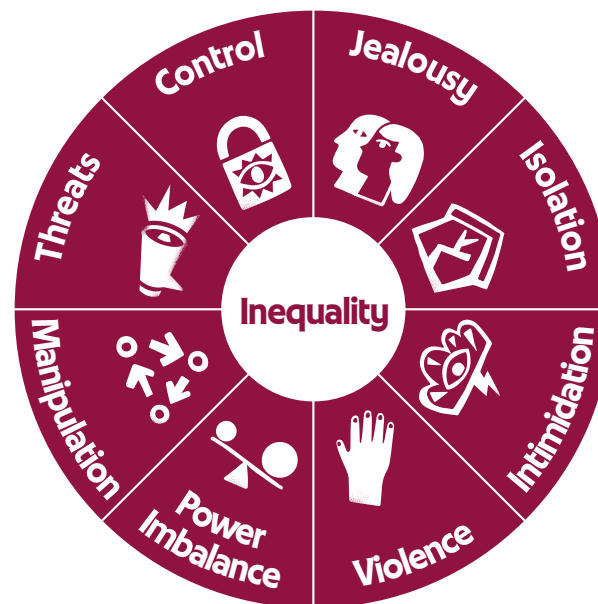


Coercive Control

Is when someone repeatedly hurts, scares or isolates another person to control them.

Signs of an *unhealthy* relationship

Unhealthy relationships centre around inequality. Below are different patterns of behaviour to look out for:



Examples of unhealthy behaviour (red flags)

- Different personas in public and private
- Lack of trust
- Name calling and put downs
- Pushing boundaries and not listening
- Limiting time with friends and family
- Wanting social media, phone, and bank/financial passwords
- Controlling decisions and finances
- Restricting access to healthcare and essentials
- Threatening to hurt or take children, family, or pets

Signs of a *healthy* relationship

Healthy relationships centre around equality. Below are different patterns of behaviour to look out for:



Examples of healthy behaviour (green flags)

- Feeling you can be yourself
- Respecting space boundaries
- Holding each other to the same standards
- Socialising with other people
- Making decisions together
- Having your own hobbies and interests
- Open and honest communication
- Controlling your own money
- Following your own cultural practices, religion or spiritual beliefs
- Agreeing on a fair work distribution and sharing family responsibilities