

Yarning about relationships



Hey Janayah and Charles! Come over here a minute. We want to have a yarn to you about relationships. It's important to understand what a good, healthy relationship looks and feels like.



It's also good to yarn about what can eat away at a relationship and what you can do to help fix things when they aren't going so good.



Ok. Sounds like you think it's pretty important.



Yeah true. So what's a healthy relationship mean Uncle?



Well there's some things that can make a relationship really good and healthy. Things like:

- Talking and listening to your partner.
- Honesty.
- Trust.
- Giving each other space.
- Not putting pressure on your partner and not being pressured yourself.
- Being polite.
- Being supportive and encouraging.
- Compromising.
- Understanding boundaries.
- Speaking up for yourself.
- Respecting their other relationships.
- Having a say in what happens in the relationship.
- Feeling safe and secure.
- Feeling loved and being loving.
- Having fun together.



And there are some unhealthy things that can happen in a relationship too. These can also cause problems: Things like:

- Jealousy.
- Lying or being dishonest.
- Shouting and yelling.
- Name calling.
- Being physically violent, like pushing or hitting.
- Ignoring your partner or being ignored.
- Controlling your partner or being controlled.
- Not considering your partner's feelings.
- Criticising your partner.
- Feeling unsafe or scared.
- Feeling unequal in the relationship.
- Keeping them or being kept from seeing friends and family.





They don't sound too good. Are there things you can do to fix those problems?

Yeah, there are a lot of different things you can try. Things like:

- Talking about the problems with your partner - or if you can't talk to your partner, talking to someone you trust like a parent, friend, family member, or support worker.
- Listening to your partner's opinion.
- Being honest about how these problems are affecting you and the relationship.
- Talking to a professional (like a social and emotional wellbeing worker) either together or separately.

And remember, if you're not happy in your relationship and don't feel you can work out your problems it's OK to end it. You have the right to end your relationship at any time. If you feel unsafe, talk to someone you trust like a friend, your mum, dad, Aunties or Uncles, or a support worker. It's important that you feel safe and are free from violence.



It's important for you and your partner to feel happy in your relationship. Make sure you keep on talking to one another and letting each other know how you're feeling.

Thanks Auntie I'll remember that.



Yeah thanks Auntie, thanks Uncle. It's good to have a yarn about these things.



You can contact **Family Planning NSW Talkline 1300 658 886**, a confidential service to answer all your questions about reproductive and sexual health over the phone and by email. www.fpnsw.org.au/talkline

You can also contact NSW Sexual Health Infolink on 1800 451 624 or get information from the NSW STI program unit at playsafe.health.nsw.gov.au

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health.

