



Healthy Relationships  
Resource Kit



We say  
**YES** to  
young  
people  
living  
healthy



 CANTERBURY  
BANKSTOWN



## What is OK

### Physical

My partner doesn't hurt or threaten to harm me. I feel safe with them.

### Sexual

My partner respects my feelings and always asks me for my consent before engaging in sexual activities.

### Psychological/ emotional

My partner asks me how I'm doing, respects my boundaries and doesn't like to upset me.

### Financial

I have control over my money. We both pay for things when we go out.

### Technology-facilitated independence

My partner trusts me, values my freedom and doesn't feel the need to check my phone.

### Social

We have the freedom and independence to see family and friends. We understand the importance of these relationships. We respect and trust each other.

### Verbal

We calmly discuss our issues and respect each others' feelings.

### Spiritual

My partner and I respect each other's beliefs and value our freedom to participate in religious or spiritual practices.



# Healthy relationships





## What is NOT OK

### **Physical abuse**

My partner throws things at me when they are angry and hits me during arguments.

### **Sexual abuse**

My partner makes me kiss them and do other things even if I don't feel like it. They said it's what I should do if we love each other.

### **Psychological/ emotional abuse**

My partner said they will harm themselves if we broke up.

### **Financial abuse**

My partner uses my money to pay for everything, including when they go out with their friends.

### **Technology-facilitated abuse**

My partner regularly checks my social media accounts, asks for my passwords or tracks where I am using my phone.

### **Social abuse**

I'm not allowed to see my family and friends without my partner's permission or without them being with me.

### **Verbal abuse**

My partner often shouts at me and makes negative comments about how I look.

### **Spiritual abuse**

My partner doesn't like my religion, so I'm not allowed to participate in its practices and rituals.



## Unhealthy relationships

**You have the right to feel respected and safe in all your relationships.**

Domestic and family violence occurs when someone who has a close personal relationship with you makes you feel afraid, powerless or unsafe. It can be physical, but can also be emotional and psychological.

# You have the right to...

**Be cared for and  
have a home.**

**Have a say  
about decisions  
affecting you.**

**Have people do  
what is best for you.**

**Be treated  
fairly no matter  
what.**

**Feel respected  
and safe in all your  
relationships.**



**Be safe no matter where you are.**

If you or someone you know needs help, contact the organisations below or turn over for additional support.



**In an emergency always call 000**

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

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 **kidshelp**line  
Anytime | Any Reason

**1800 55 1800**

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 **MensLine**  
**Australia**

**1300 78 99 78**



**Domestic Violence Line**  
**1800 65 64 63**



**Help and protection.**



# Local Youth Support Services

## **Canterbury Bankstown Workers With Youth Network (CBWWYN) Resource Kit**

The resource kit is a guide that outlines the role of different types of youth services, and how these can help young people and their families.

**[cb.city/cbwwyn](http://cb.city/cbwwyn)**

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## **Our Local**

Our Local is a web directory to help young people find local and state-wide opportunities, activities, services and events.

**[ourlocal.nsw.gov.au](http://ourlocal.nsw.gov.au)**

**1800 Our Local (687562)**

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## **Family Referral Service**

The Family Referral Service listens to the specific needs of young people and their families, and helps to refer them to the right service.

**[familyreferralservice.com.au](http://familyreferralservice.com.au)**

**1800 663 863**

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## **Youth Point**

This is a youth service directory, which features agencies that provide services to young people. These include health services, legal supports or employment/ education.

**[youthpoint.com.au](http://youthpoint.com.au)**

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# Legal, Accommodation and Additional Support

## Marrickville Legal Centre

Free legal information, advice and assistance for young people aged 25 and under.

**[mlc.org.au](http://mlc.org.au)**

**9559 2899**

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## Link2Home

NSW Crisis Accommodation Phone Line.

**[facs.nsw.gov.au/housing/help](http://facs.nsw.gov.au/housing/help)**

**1800 152 152**

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## Qlife

(LGBTIQA+ support after 3pm)

**[qlife.org.au/](http://qlife.org.au/)**

**1800 184 527**

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## National Disability Abuse & Neglect Hotline

**1800 880 052**

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## National Relay Service (NRS)

This government initiative allows people who are deaf, hard of hearing and/ or have a speech impairment to make and receive phone calls.

**Voice Relay: 1300 555 727**

**TTY: 133 677**

**SMS Relay: 0423 677 767**

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**Say NO to  
domestic  
violence**