

# Healthy relationships

## TIP SHEET



**Positive, safe and respectful relationships are important because they're fundamental to health and wellbeing.**

**All relationships can have both unhelpful and helpful moments, but the key is to have more good times than tricky times. It's important though to know that there's a difference between unhelpful moments and unsafe moments in relationships. At the end of the day, you should always feel safe in your relationship.**

### Signs of a healthy relationship

- **Equality**, where both people in the relationship feel like they can talk about their experiences or speak their minds without feeling worried, scared or criticised. There is a sense of fairness about how decisions get made and compromises are even.

- **Mutual respect** for who the other person is. You don't have to agree on everything, but you understand and respect each other's values, opinions and boundaries.
- **Trust** in one another.
- **Good communication**, involving both talking and listening, and listening and talking. That is, you each get an opportunity to talk and be heard.
- **Separate identities**. You can each be yourself, while being together.
- **Support for each other** in pursuing individual passions and interests.

### Changing your relationship

If you feel that there are more unhealthy than healthy moments in your relationship, it's important to know that this can change if both people are willing to try, and it's safe to do so.

- **Discuss** how you're feeling with your partner.
- **Make a commitment** to change what's happening.
- Try to **make those changes** within your relationship.
- If you feel you need more support, **seek further help**, such as from a counsellor.



*If you feel that there are more unhealthy than healthy moments in your relationship, it's important to know that this can change if both people are willing to try, and if it's safe to do so.*

### About Relationships Australia Victoria (RAV)

RAV is a valued provider of specialist family and relationship services. A community-based, not-for-profit organisation with no religious affiliations, our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Our vision is for positive, safe and respectful relationships for couples, families, schools, workplaces and communities.

Visit [www.rav.org.au](http://www.rav.org.au) or call 1300 364 277 for more information on our programs, locations and how to access our services.