

When you are in a respectful relationship, you feel:

- ✓ Respected and treated fairly
- ✓ Valued and cared for
- ✓ Free to be yourself
- ✓ Listened to and heard
- ✓ Supported to make your own choices
- ✓ Encouraged to grow, learn and achieve
- ✓ Trusted and able to be open with your partner

You can:

- ✓ Share your feelings and opinions without fear
- ✓ Disagree and say no to your partner without fear
- ✓ Solve arguments through talking and compromise
- ✓ Make decisions about your body, including:
 - ✓ What to wear
 - ✓ Pregnancy and having children
 - ✓ Other people touching or taking images (photos/videos) of your body
- ✓ Have your own hobbies and interests
- ✓ Freely practice your religion and culture as long as it doesn't hurt others
- ✓ Make mistakes and be forgiven
- ✓ Feel comfortable and confident to speak up when you feel unsafe, and believe that your concerns will be listened to and respected
- ✓ Say when you feel unsafe and believe this will be respected
- ✓ Celebrate your achievements with your partner
- ✓ Go out and spend time with family and friends, including male/female friends
- ✓ Go out without your partner
- ✓ Control your own money



Does this sound like you?

If you or someone you know has experienced violence or would like to speak to someone for emotional support, help is available. Confidential counseling is available through the 1-Tok Kaunselin Helpim Lain on 7150 8000 toll free counselling service.

When you are in a disrespectful relationship, your partner may:

- ✓ Accuse you of being unfaithful
- ✓ Not let you meet female/male friends
- ✓ Control or monitor your technology (eg. mobile phone, computer)
- ✓ Insult you
- ✓ Physically hurt you or threaten you
- ✓ Inflict damage on walls, part of the home or things
- ✓ Purposefully humiliate you in front of others
- ✓ Try to monitor where you are at all times
- ✓ Forces or pressures you to have sex
- ✓ Share private photos or videos of you online or with others without your permission
- ✓ Take your money or use money to make your life hard
- ✓ Pressure or force you to make decisions about having a baby or other reproductive issues (eg. prevents you using contraception)
- ✓ Be jealous or angry if you talk to other men/women
- ✓ Touch you in ways or in places you don't want to be touched
- ✓ Stop you from using the medicine you need, from seeing a doctor and/or gives you medicine/drugs you don't need.
- ✓ Threaten to hurt you, your partner, children, family or people you care about if you do not do what they want



These are **warning signs** of a disrespectful relationship. Some of them are **examples of abuse or violence**.

Alcohol and drugs are not an excuse for violence or abuse. Only **the person who inflicts violence, is responsible for the violence**. Violence is **NEVER** OK; it is **never the fault of the survivor**.

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