

RELATIONSHIPS



THE *Good* the BAD AND THE UGLY

REAL STORIES **ADVICE** **QUIZ**

People have different ideas of what they want from a relationship.

Some want a casual relationship, some want romance, some want sex, others want someone to be close to.

It can take time to find someone who wants the same as you.

Then there's pressures from friends and family about relationships. Like if all of your friends have boyfriends/girlfriends and you don't.

Or if your family don't want you to be in a relationship. And what if you're attracted to someone of the same sex?

With all these pressures, it's hard to work out what you want. Sometimes you might find yourself just going along with what other people want.

It's ok to take your time
and ask yourself

What do I want from a relationship?

What don't I want?

What things do I like about someone?

What don't I like?

"I want someone who
doesn't have to rely
only on me... someone
who wants me to have
my own friends, my own
life - where we trust
each other." Ari



WHAT A

Good

RELATIONSHIP LOOKS LIKE

"We just have fun together and like being around each other."

"We don't see each other all the time. We spend time on our own or with our own friends."

"She's got her own interests - like she is really into sport. I love that she's different to me."

"I sometimes get jealous when he talks to other girls, but that's ok. It's up to him who he's friends with."

"He doesn't only care about my looks. He cares about what is on the inside"

"I don't always agree with her opinions but it's interesting to hear what she's got to say."

"I can be myself around him."

"We do have fights but we're pretty good at listening to each other and compromising."

**How you feel in a
relationship can tell you if
it's good or not**

RESPECT CHECKLIST

Someone respects you when they accept that you have a right to do and say what you want.

If someone treats you with respect...

YOU FEEL FREE TO

no!

say no to things you don't want to do
express your opinions & beliefs
see other friends & family when you want
change your mind
end the relationship if you want to.

yes!



AND YOU FEEL

supported to make your own decisions
safe and never scared
good about yourself

Think about **how you feel** in your relationship, or in your friendships.



Being around people who respect you and accept you for who you are helps to build your confidence.

We all deserve to be treated with respect.

SEX

Having a good relationship doesn't mean you have to have sex. Whether it's kissing, touching, or having sex, it should always be something that you both want to do.

Sex is meant to be something
that makes you both feel good

"You'd do it if
you loved me."

"Everyone else is doing it -
what's wrong with you?"

"You've got me turned on
so we can't stop now."

"You're frigid!"

GUILT TRIPS

It's not ok for someone to guilt-trip you into sex. **If and when you have sex is up to you.**

You don't have to have sex cos you're dating, you kissed them or they gave you gifts. Sex isn't the only way to prove you love someone.

TRUST AND COMMUNICATION

are what's important in a sexual relationship.

ASK YOURSELF

How well do I
trust them?

Will they respect what I
do and don't want to do?
Can I talk with them about
safe sex? How comfortable
would I be saying no to
them?



Someone who loves you should respect your right to decide **if** and **when** to have sex.

If you don't want to have sex, you could say, 'I don't feel like it' or 'I do love you but I'm not ready to have sex yet.'

FACT Not everyone's doing it... Only about a quarter of 16 year olds and half of 17 year olds in Australia have had sex. Source: *National Survey of Australian Secondary Students, HIV/AIDS and Sexual Health 2008*

SEX and pressure

"I kept on pushing his hands away but he just put them back there, then I just froze, I couldn't say anything, it was horrible." Tran

What if someone made you do sexual things, and you felt like you had **no choice**?

You might have

been asleep or drunk and didn't know what was going on

felt scared to say no

felt pressured into having sex

been forced into doing sexual stuff

because you'd been told that if you didn't, they'd break up with you, or they wouldn't like you

No one should force you into sexual contact. In fact, it is sexual assault, and it's a crime that can be reported to the police. **Remember** they have done the wrong thing, **not you**. It can help to talk to someone, see the back page.

DID YOU KNOW? 38% of young women in high school in Australia said they had sex when they didn't want to. Source: *National Survey of Australian Secondary Students, HIV/Aids & Sexual Health 2008*

SEXY PICS OR TEXTS



"My BF sometimes tries to get a photo of me when I'm naked, and keeps asking me to send him a sexy photo of myself."

What if you're pressured to send sexts?

He's constantly on at me about it, says all his mates' girlfriends send them. He makes me feel like I'm just being uptight. But what if he sends it to his mates?
Jessica



Being naked is something we usually do in private, when we feel very comfortable with the other person and trust each other. It's ok if you don't want your photo taken or sent to a BF or GF. It's a personal decision.

Firmly saying **No, I don't feel comfortable with that** is ok – you're not being uptight.



"It was fun at the time but now I worry what's going to happen with the pics of me"



WHAT NOW?

you've sent a pic or a text and you're worried about what could happen...



Ask them to delete the message from their phone or inbox.

Talk to a trusted adult or contact a counsellor to work out what you can do.

What if you get sent a sexy pic of someone?

SHOULD YOU FORWARD IT ON TO OTHERS?

NO! It's not ok to forward on an image of someone else if they don't know about it and don't agree to it. It **can be embarrassing & hurtful** for the person in the photo. If a friend sends you a pic like this, tell them it's **not cool**.



IS IT LOVE?

"She gets upset if I want to see my friends. When we're out she'll get angry if she thinks I'm flirting."

She checks my texts and messages to make sure I'm not. She says it's because she loves me." Sam

Jealousy might seem like a sign of love.

But when someone uses anger or jealousy to try to control what you do, or acts like they 'own' you, this isn't love – it's control.

You've got a right to talk to anyone you want.

Turn over & do the QUIZ. It'll help you decide **Am I being treated right?**

Relationship QUIZ

Are you being treated right?
Be honest when you tick the box.



My boyfriend or girlfriend

- ☐ Seems to like me as a person
- ☐ Won't let me talk to other guys/girls
- ☐ Respects my feelings, opinions & beliefs
- ☐ Doesn't want me to spend time with my friends or family
- ☐ Makes me feel like I have to watch what I do or say
- ☐ Is ok if I say no to something (including sex or watching porn)
- ☐ Keeps tabs on me by constantly calling and checking on what I'm doing
- ☐ Is happy for me to make my own decisions about my life

- ☐ Often puts me down or criticises me
- ☐ Tries to work out fights by compromising or talking
- ☐ Sometimes scares or hurts me by being aggressive or violent
- ☐ Might try to hurt me or themselves if I wanted to break up
- ☐ Reads my texts, messages or diary without my permission

The purple statements are signs of love and respect.
If you are being treated right, you should have ticked all of these. If you have ticked any answers in black, then there are signs that you are not being treated right.

WHEN LOVE HURTS

When someone who's supposed to love you treats you badly, it can be very hurtful.



They might not always be like that – sometimes they might be really nice. You could think, 'It's not that bad.'

But you should always be treated with respect.



The first step in changing things is to understand what's happening.

Abuse happens when one person tries to control or hurt the other. Abuse is not just physical acts (like hitting, pushing, smashing stuff) – in fact, it might not be physical at all.

Emotional abuse is when someone deliberately makes you feel bad, cuts you off from other people, or tries to control your choices.



It's against the law for someone to physically hurt you, threaten to hurt you, stalk you (in person or online) or force you into sex. You can contact the police & the person can be charged with a crime.

PUT DOWNS

"He says mean things and then denies them, making me question myself."

"He compared me to other girls and made me feel like I was really crap."

"He puts my friends down, and makes fun of my hobbies."

DEMANDS

"He sulks unless I do what he wants."

JEALOUSY

"He constantly accused me of cheating"

EMOTIONAL BLACKMAIL

"When I tried to leave, she said she was going to commit suicide because she couldn't live without me."

SNOOPING

"He'd read my messages to make sure I wasn't flirting or saying bad things about him."

CUTTING YOU OFF FROM OTHERS

"When I'm about to go out, she keeps telling me to stay home with her instead."

FEELINGS

Listen to your feelings - they help you know if the way you're being treated is ok or not. Think about your relationship.

How do you feel?

SIGNS OF A GOOD RELATIONSHIP

You feel....

- *happy
- *liked
- *respected
- *cared for
- *supported
- *safe
- *free
- *you can be yourself



! WARNING SIGNS OF ABUSE !

You feel....

- *humiliated
- *angry
- *confused
- *nervous
- *trapped
- *numb
- *depressed
- *guilty and blamed
- *scared
- *bad about yourself
- *not able to eat or sleep properly
- *like abusing drugs or alcohol

FAQs

Why are they doing this to me?

People often make excuses for the way they act,

"I was just joking" "I was drunk"

"I was stressed" "You made me do it"



But really, they act this way to try to control you and get you to do what they want.

Guys often think they have a right to dominate their girlfriends, to be 'the boss'. They don't.

How can I get them to change?

The abuse will stop when they change their attitude and accept that they don't 'own' you. You can't change their attitude. Only they can.



Unfortunately, most people who have been abused say it keeps happening, and gets worse, not better.

Is it my fault?

No. The abuse is not your fault.



Even if they're upset with you about something, they could deal with their feelings by talking to you or to friends or family. They don't have to treat you like this.

A true story

"He was my first boyfriend. He seemed like a great guy. Everything was fine at first, but it slowly got worse.

He'd get upset if I wanted to spend a night with friends. In Year 12 when I needed to study he was always like, 'Don't go, I want to hang out with you.' So I gave in. He'd say bitchy comments about friends and accuse me of flirting. At first I enjoyed the jealousy cos it meant he wanted me. I was insecure and thought, 'Wow someone finds me attractive'. Gradually I drifted away from my friends and my school work was going downhill.

I realised I'd fallen out of love with him but I was scared to break up. Finally I told my best friend everything. She just let me vent and that helped me to work it out in my own mind. When I told him I wanted to break up he went crazy.

He kept calling and sending me texts either begging me to get back with him or threatening to kill me or himself. He said all this horrible stuff about me online. I had to tell my mum so she wouldn't let him back in our house. Even though breaking up was so hard, it was the best thing I did." Amaya

SHOULD I STAY OR GO?



Stay or break up? It's a hard decision.

Maybe you still love them, or you feel like you'd be nothing without them. Maybe you feel trapped or scared of what they might do if you go.

Talking to someone can help you decide.

★ Give yourself time to think.

★ Have some time away from them.

★ Write your feelings down.

How is this relationship affecting me?
What are the good things & the bad things about breaking up?
Good & bad things about staying? Are things getting worse?

ASK YOURSELF

STAY SAFE



Could they be violent?

The **big warning sign** is if they've been controlling or possessive **before**.
Be prepared.



Tell friends, family, teachers or work mates what's going on: that sometimes you feel scared & may need to call them.

Stay aware. Try not to drink or use other drugs. If you start to feel unsafe, leave.



If you're out, make sure you have your own way to get home.



Apply for an Intervention Order if you have been harassed, stalked, threatened or sexually assaulted. It's a court order that can say that they're not allowed to hurt you or come near you.



Call the police on 000 if you are in danger. Violence is a crime and your boyfriend or girlfriend can be charged.



Who can I talk to?

You could talk to a friend, a sister or brother, your parents, a teacher or a counsellor.

"Number one is to accept what's happened. Then go and talk to someone, your close friends or your Mum or Dad, family or siblings.

Open up to and tell them, 'Look, this is what's happened' and see what they have to say." Donna



Whoever you talk to shouldn't judge or criticise you. Counsellors can listen & give you support and ideas. It's ok to feel nervous about ringing a service. You don't have to give your name if you don't want to. Counsellors will keep what you tell them private - except if they think you're in immediate danger.

HOW DO I HELP MY FRIEND OR FAMILY MEMBER?

"At first she told me that it only had happened that once. But that's when I had to tell her I had overheard him a few times when he yelled at her. I told her he has no right to hit her, if he really loved her he wouldn't hit her. I kept telling her it wasn't her fault."



It's important to support a friend who's being abused, but it's **not always easy**.



What you say to your friend can make a difference.

If your friend feels supported and encouraged, they may feel stronger and more able to make decisions. If they feel judged or criticised, they might not tell anyone again.

DON'T

- *Don't blame them.
- *Don't say, "Why do you put up with it?"
- *Don't try and work out why their BF/GF is treating them abusively. Concentrate on supporting your friend.
- *Try not to be impatient if they're confused about what to do. It's really hard for *anyone* to end a relationship. It's *especially hard* if they're being abused.

DO

- *Say, "I've noticed you don't seem happy lately - is everything OK?"
- *Tell them "I'm here if you want to talk."
- *Believe what they tell you. It wouldn't have been easy for them to bring it up.
- *Take it seriously. Help them work out how to stay safe.
- *Support them, whether they decide to stay or break up.
- *Encourage them to speak to a counsellor.
- *Help build their confidence and feel better.
- *Think of fun things to do together.

EXPECT RESPECT

We're all unique
& worthy of love
& respect.



Don't blame yourself for how other people act
Don't be hard on yourself or focus on mistakes -
we're all learning!

Focus on positive things

What I like about myself is.....
Some things I'd like to do in my life are.....
I feel proud that I've
My favourite things are.....

REMEMBER

You are important.
You don't have to match up to
anyone's standards except your own.
You have the right to express your ideas,
opinions and cultural beliefs.
You've got the right to your own
feelings, ideas and friends.
You deserve love and respect.

"After I split up from Nick I got my confidence back, and I started to hang out with my friends again. Sometimes I missed him, but I didn't miss all the crap he put me through. Now I've got a new boyfriend who I trust, he's like one of my best friends. He just wants us to have fun together, and he doesn't make a big deal of it if I don't want to do what he wants. I can be myself with him."

CREDITS

This booklet is made by the
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Domestic Violence
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Preventing violence, promoting respect

with real stories
from young people
and with support from



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Who can help?

all numbers
are 24 hours



Love: the good, the bad and the ugly

A guide to dating, sex, relationships & abuse
lovegoodbadugly.com



Bursting the Bubble

If things are not ok in your family
burstingthebubble.com



Kids Help Line

Telephone, email & web counselling
kidshelpline.com.au
1800 55 1800



Somazone

Q & A on health, relationships & drugs
somazone.com.au



Wire

Info, advice & referrals for women
wire.org.au



The Line

Relationships discussion & advice
www.australia.gov.au/theline
1800 200 526



Women's Domestic Violence Crisis Service

Support & safe accommodation if you're being abused
1800 015 188



Centre Against Sexual Assault

Support if you've been sexually assaulted
1800 806 292

At school or uni

A school nurse or counsellor or a uni Welfare or Women's Officer can help.