

# You should be safe, respected and living without fear.

A good relationship is one where people make decisions together, and listen to each other's views.

Trust and love is built by both people being equal.

Each person feels safe, and is treated with respect.

If there are problems or arguments, or people get angry, they work together to sort things out.

When a relationship is not equal, or is unsafe, you should get some help and support.

## What can I do?

'I know **I shouldn't feel scared in my relationship**, and I should be able to live without fear. **Violence and control are not part of our culture.** Even though it's going to be hard, I think I need to get some help.'

'It **started with little things**, but now I'm afraid a lot. I'm **worried about my kids** and **how it's affecting them**. I need to do **something now** before things get really bad.'

If you're experiencing domestic and family violence, it's important to get some help.

A good first step is talking to someone you trust about what's going on. This could be a family member or friend, Elder or someone at a local service.

You could also ask the police for help to keep you safe.

The important thing is to know that domestic and family violence is not okay, and will not stop on its own. You need to reach out to someone for help and support.

## For information and help:

**Womensline (DVConnect)**  
1800 811 811

**Mensline (DV Connect)**  
1800 600 636

**Lifeline Australia**  
13 11 14

**Sexual assault helpline**  
1800 010 120

**Kids Helpline**  
1800 551 800



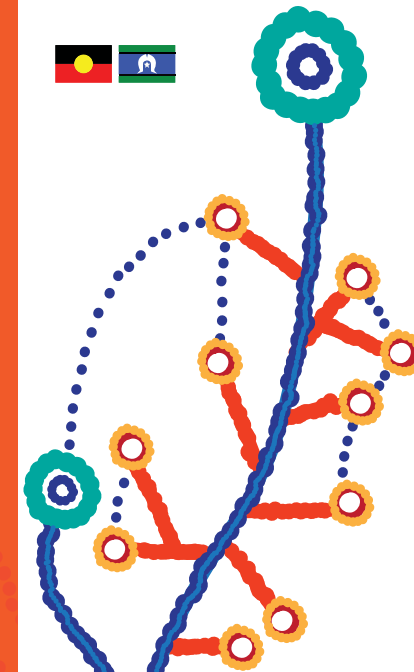
For help in your local area:



Queensland  
Government

If you're afraid for your safety, or the safety of people you know, you should call the police immediately on 000.

[www.qld.gov.au/dfvhelp](http://www.qld.gov.au/dfvhelp)





This resource features an element created by Rachael Sarra, an Indigenous artist, designer and illustrator originating from Goreng Goreng Country.

This element represents people in relationships both negative and positive, connecting and communicating with community and the local help services provided to become aware of what it means to be in a safe and respectful relationship.

### What does it mean if you aren't safe and respected?

Domestic and family violence is usually a pattern of behaviours, which means things happen regularly in your relationship that make you feel scared.

This table lists how you might feel if you are in an unsafe relationship, as well what a safe and healthy relationship looks like.

#### Not safe and respected

#### Safe and respected

‘I often feel scared and I worry about my safety.’

‘I get punched, hit, or strangled.’

‘I’m often made to do things that make me feel uncomfortable or upset.’

‘I feel like I can’t be myself and I have to be careful about what I do and say around my partner

‘My partner checks up on me all the time, and controls my mobile phone and social media.’

‘I get told that my kids are in danger. I’m told that my kids could be hurt.’

‘I don’t feel scared and I am safe in my relationship.’

‘I’m not hurt physically.’

‘I always have a say in what I do, and I’m not made to do things I don’t feel okay about.’

‘I can be myself and I don’t have to worry about upsetting my partner all the time.’

‘I don’t feel like anyone is checking up on me or is jealous about where I go or who I talk to.’

‘I’m never told that my kids or I could be hurt.’