

In an emergency, call the police on 000 (triple zero)

If you are feeling unsafe, you can talk to someone on the phone:

- Kids Helpline 1800 55 1800
- DVConnect Womensline 1800 811 811
- DVConnect Mensline 1800 600 636
- Lifeline 13 11 14
- Sexual Assault Hotline 1800 010 120

It's your right to be safe



The cycle of abuse



What are your rights?

- You have a right to feel safe and to be safe.
- You have a right not to witness or be exposed to violence at home.
- You have a right to be treated with respect, not to be emotionally, physically or sexually abused.
- You have a right to say 'no' whenever you want to, especially to sexual activity, and to take relationships at your own pace.
- You have a right to express your own thoughts, opinions and beliefs.

What does a healthy relationship look like?

In a healthy relationship, people:

- feel safe to express themselves
- respect each other's opinions, feelings and friends
- accept 'no' without question, especially about sex
- want to solve problems together
- argue without anyone feeling scared.

You can be angry or upset without being abusive.

Signs of an unhealthy relationship

These are some warning signs of an unhealthy or abusive relationship:

- constant questions about where you have been, who you have seen and what you wear, eat or do
- jealousy — of you being with other people, including your family
- constant put-downs or making fun of you
- possessive behaviour — acting like he/she 'owns' you, or insisting you have to be together all the time

- hitting, pushing, pinching and slapping — even as a joke.

If you are being abused in a relationship, you may feel angry, sad, confused, lonely, isolated or scared.



Dating?

Here are a few important tips to help you feel safe when you're dating someone:

- carry important numbers and a phone card or mobile phone
- make your own transport plans to parties
- watch and count your drinks — they might be drugged
- carry emergency cash
- map out the way to a safe place
- talk to a trusted friend or adult about any concerns with your relationship.

Remember, if it doesn't feel quite right, trust your feelings — it probably isn't. Talk it over with someone you trust.

What if you know someone who is being hurt or abused?

You may notice a friend who starts to be withdrawn, not socialising, depressed, anxious, edgy or angry.

You can help your friend by:

- asking if they want to talk about anything with you
- listening carefully — don't judge
- talking to them about what they want to do
- telling them about useful websites (see the back of this helpcard) and Kids Helpline (1800 55 1800).

What is abusive behaviour?

Abuse includes hitting, pushing, intimidating, harassing, put-downs, threats, limiting someone's social contacts, pressuring for sex, controlling your money, and controlling or preventing cultural or religious practices.

Stalking is when someone constantly watches, phones and/or visits you without your consent. Stalking is illegal.

Date rape happens when someone you know socially (but not family) makes any attempt to do things sexually with you, without your consent. Sex without consent is rape.

Child abuse is any action by an adult that harms a child or young person or puts them at risk of harm.

'In my relationship ...'

Tracey's story

I was really afraid of Jeremy. At first, he made me feel special but then he started to get jealous of me being with friends. At a party Jeremy tried to pull me away from them.

A friend tried to stop him and Jeremy hit him in the face! He then said he'd do the same to me. I was very scared. Relationships aren't meant to be scary like this, are they?

Useful websites — lots of interesting stuff!

burstingthebubble.com

dvrcv.org.au/publications

reachout.com.au

thehideout.org.uk

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‘My friend ...’ Karen’s story

When my friend Karen first got together with Tim, it was so intense. They did everything together. Then he started to get jealous and push her around if she wanted to hang out with her friends or be by herself without him. We talked about it. She wanted to be in charge of her own life, not be controlled by someone else and just do what they wanted to do. In the end Karen had to break up with Tim because of the way he was behaving. She said it wasn’t fun any more. He didn’t respect her right to be herself and do her own thing.