# What is a healthy relationship?

## An Easy Read guide

## How to use this guide

78BThe Queensland Government wrote this guide. When you see the word   
‘we’, it means the Queensland Government.

79BWe wrote this guide in an easy to read way.

81BWe have written some words in **bold**.

82BThis means the letters are thicker and darker.

83BWe explain what these words mean. There is a list of these words on   
page 13.

84BThis Easy Read guide is a summary of some pages from a website.   
This means it only includes the most important information.

85BYou can visit the website at [www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

86BYou can ask for help to read this guide. A friend, family member or   
support person may be able to help you.

87BIn this guide, we talk about some things that might upset you.

88BIf you get upset and need support, there are services you can contact.

89BYou can find their contact details on page 15.

90BYou can also find more Easy Read information on our website – [www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

## What’s in this guide?

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## What are relationships?

92BYour **relationship** with someone is how you are connected to them.

93BYou can have different types of relationships.

94BYou can have family relationships.

95BYou have a family relationship with your:

* 0Bparents
* 1Bother relatives.

96BYour family should support you when things:

* 2Bgo well
* 3Bdon’t go well.

97BYou can have **romantic** relationships.

98BA romantic relationship is a very close relationship you have with another person.

99BYou might go out on dates.

100BRomantic relationships can also be sexual relationships.

101BBut you can have a romantic relationship without it being sexual.

102BYou can have relationships with your friends.

103BWe call these **friendships**.

104BYou can have relationships with people you work with.

## What is a healthy relationship?

105BA healthy relationship makes you feel:

* 4Bhappy
* 5Bsafe
* 6Blike you matter
* 7Brespected.

106BPeople with disability need and want healthy relationships.

107BPeople with disability have the **right** to be in healthy relationships.

108BRights are rules about how everybody should be treated.

109BIt’s important to know what a healthy relationship:

* 8Blooks like
* 9Bfeels like.

110BIt will help you understand when a relationship is unhealthy.

111BSometimes people in healthy relationships:

* 10Bdisagree
* 11Bargue.

112BBut people in healthy relationships talk about:

* 12Bthe problem
* 13Bhow to fix it.

113BIt’s ok to have different opinions.

114BHaving different opinions can:

* 14Bmake your relationship stronger
* 15Bhelp you understand each other.

## Signs of a healthy relationship

115BEvery relationship is different.

There are signs that a relationship is healthy.

116BWe talk about the signs of a healthy relationship on the following pages.

### Respect

117BYou respect:

* 16Beach other
* 17Bwhat is different about you.

118BYou respect when the other person says “no”.

119BThe other person respects when you say “no”.

120BYou trust each other.

121BYou’re honest with each other.

122BYou make decisions together.

### Kindness

123BYou’re there for each other when you have:

* 18Bgood times
* 19Bbad times.

124BYou show each other you care with:

* 20Btouch
* 21Bkisses
* 22Bhugs.

125BYou do kind things to make each other happy.

### Trust

126BYou trust each other.

127BYou believe the other person won’t hurt:

* 23Byou
* 24Bthe relationship.

128BYou believe the other person will be honest.

129BYou respect each other’s privacy.

### Communication

130BYou share your:

* 25Bfeelings
* 26Bhopes
* 27Bdreams.

131BYou listen to each other’s:

* 28Bideas
* 29Bopinions.

132BWhen you don’t agree about something, you still:

* 30Btalk to each other
* 31Blisten to each other.

133BYou can tell the other person when they have done something to   
upset you.

### Being equals

134BYou see yourselves as equals.

135BNobody believes they are more important than the other person.

136BYou both put the same amount of effort into the relationship.

137BYou work together to find a way for both of you to be happy when   
you don’t:

* 32Bagree
* 33Bwant the same thing.

138BIf you live together, you share work or jobs you need to do like:

* 34Bcooking
* 35Bcleaning
* 36Blooking after children
* 37Bpaying bills.

139BYou can get things you need, such as:

* 38Bmoney
* 39Btransport.

### Freedom

140BYou enjoy spending time together.

141BYou enjoy spending time apart.

142BYou enjoy spending time with:

* 40Bfriends
* 41Bfamily.

143BYou support each other so you can have your own:

* 42Bfriends and other relationships
* 43Bhobbies
* 44Binterests.

144BYou don’t need to be together all the time.

### Safety

145BYou feel safe when you’re together.

146BWhen you have a problem, you can tell the other person.

147BYou don’t worry about what they will:

* 45Bsay
* 46Bdo.

148BThe other person doesn’t make you do things you don’t want to do.

149BYou don’t hurt each other’s:

* 47Bbodies
* 48Bfeelings.

## What is an unhealthy relationship?

150BIt’s important to know what an unhealthy relationship:

* 49Blooks like
* 50Bfeels like.

151BAn unhealthy relationship can make you feel:

* 51Bscared
* 52Bunsafe
* 53Btrapped.

152BThe other person might:

* 54Bsay mean things
* 55Bdo mean things.

## What is domestic and family violence?

**153BDomestic and family violence** is when you are hurt, controlled or   
scared by someone close to you.

154BUnder Queensland’s law, domestic and family violence can happen in   
different types of relationships.

155BDomestic and family violence can happen in a romantic relationship   
with your:

* 56Bboyfriend, girlfriend or partner
* 57Bhusband or wife.

**156BDomestic and family violence** can happen:

* 58Bin your romantic relationship now
* 59Bafter a romantic relationship ends.

157BDomestic and family violence can happen in a relationship with a   
member of your family.

158BThis could mean a:

* 60Bparent
* 61Bbrother or sister
* 62Badult child
* 63Baunt or uncle
* 64Bcousin
* 65Bgrandparent.

You can also have a family relationship with your:

* 66Bother relatives
* **kin**
* **67Bstepfamily**.

160BYour kin are people you call your family.

161BYour stepfamily are people you are related to by marriage.

162BDomestic and family violence can happen in a relationship with your   
**informal carer**.

163BYour informal carer is someone who helps you with daily tasks.

164BYour informal carer can be:

* 68Byour family
* 69Byour friend
* 70Banother person in your community
* 71Byour neighbour.

165BAn informal carer is not the same as a disability support worker.

166BDomestic and family violence is never ok.

167BYou can get help if you think you might be experiencing domestic and   
family violence.

168BThere is more information about this on page 12.

169BYou can also find more Easy Read information on our website – [www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

## Violence and abuse in other relationships

**171BViolence** is when someone hurts your body.

**172BAbuse** is when someone treats you badly.

173BViolence and abuse can happen in other types of relationships.

174BYou might experience violence or abuse from your child who is under 18 years of age.

175BBut violence and abuse are never ok.

176BIf you think you are experiencing violence or abuse in another type of relationship, you can still get help.

177BYou can talk to:

* 72Bdomestic and family violence services
* 73Bsomeone you trust.

## Word list

**This list explains what the bold words in this document mean.**

**Abuse**

178BAbuse is when someone treats you badly.

**Domestic and family violence**

179BDomestic and family violence is when you are hurt, scared or controlled   
by someone close to you.

**Friendships**

180BYou can have relationships with your friends.

181BWe call these friendships.

**Informal carer**

182BYour informal carer is someone who helps you with daily tasks.

183BAn informal carer is not the same as a disability support worker.

**Kin**

184BYour kin are people you call your family.

**Relationship**

185BYour relationship with someone is how you are connected to them.

**Rights**

186BRights are rules about how everybody should be treated.

**Romantic**

187BA romantic relationship is a very close relationship you have with another person.

**Stepfamily**

188BYour stepfamily are people you are related to by marriage.

**Violence**

189BViolence is when someone hurts your body.

## More information

190BIf you are in danger now:

* 74Bcall TripleZero – **000**
* 75Bask for the police.

191BIf you think you are in an unhealthy relationship:

* 76Btalk to someone you trust
* 77Bcall DVConnect Womensline – **1800 811 811**

192BYou can find more information on our website – 93B[www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

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