

Talking about Relationships

This card has been produced for young people living in Penrith LGA to provide information on relationships with other young people.

Healthy Relationships look like

A healthy relationship is one where each person respects the other. Healthy relationships involve trust, compromise and understanding for each other. A healthy relationship is one where each is comfortable being in the company of the other. People want different things from a relationship - some want to be in love, some want a casual sexual relationship, some want romance and others want someone to be close to.

Signs of a healthy relationship include:

- you have fun together; you listen to each other
- you both feel able to be yourself and you have a friendship not just a physical relationship
- you feel free to express your opinions and beliefs without being pressured to change your mind
- you don't have to spend all your spare time together, you can spend time alone or with friends or family
- a healthy relationship is based on mutual RESPECT

Respect means you feel:

- free to go at your own pace in the relationship
- free to say no to things you don't want to do and free to change your mind
- good about yourself and you feel free to make your own decisions
- you can decide to end the relationship if that's what you want

Warning signs that you could be in an abusive relationship can include things like your boy/girl friend:

- checks on you all the time about who you're with and where you are going
- is obsessively jealous and tries to control what you do
- accuses you of being unfaithful without reason; puts you down
- isolates you from your family and friends
- blames you for problems in their life or in the relationship
- threatens you or deliberately breaks things that are yours
- threatens to hurt your family, friends or pets
- might try to hurt you or themselves if you wanted to break up
- tells you no one else would want you

Any one of these warning signs is enough to indicate that this could turn into or already be an abusive relationship. Abuse happens when one person tries to control or hurt another person.

Safety in relationships

Working out whether to stay with someone or break up can be a hard decision. Talking to someone can help you decide what to do - you don't have to go through this alone. Get help from people you trust. Talk to a family member, a teacher, counsellor or youth worker. While you may feel embarrassed to be in this situation, you shouldn't. Abuse is never your fault. If you are worried about your safety contact the Police.

Sex and Relationships

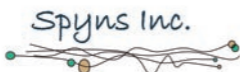
Having a good relationship doesn't mean you have to have sex. But whatever you do whether it is kissing, touching or having sex, it should always be something that you both want to do. No one should force you into any sexual contact. Before having sex both partners should be sure that it is what they want to do.

Age of Consent

If you are under 16, no one is allowed to have sex with you. Even if you agree to have sex with someone, it is still against the law for that person to have sex with you. In NSW, the age of consent is 16 years for lesbians, gay men and heterosexual young people. This is the age at which it is legal to engage in sexual relations.

Safe Sex and Contraception

If you are having sex always ensure that you are protected from sexually transmissible infections and unwanted pregnancy by being prepared with condoms and lube. You can get these FREE from The Warehouse Youth Health Centre in Penrith and Richmond.



Homeless Persons Information Centre

Youth Emergency Accommodation -1800 424 830 (under 18 years)
- 1800 234 566 (over 18 years)

Legal Services

Legal Aid Youth Hotline - 1800 10 18 10
Indigenous Women's Legal Contact Line - 1800 639 784
Women's Legal Resource Centre (NSW) - 1800 810 784

Adolescent Counselling Services

Nepean Adolescent and Family Services - 4721 8070
Bridging the Gap - 9673 1126

Sexually Transmitted Infections

Family Planning NSW -The Warehouse Youth Health Centre - 4749 0500
Nepean Area Sexual Health and HIV Clinic - 4734 2507

Sexual Assault

NSW Rape Crisis - 9819 7357 (admin)
NSW Rape Crisis Counselling Service - 1800 424 017
Sydney West Area Health Service Sexual Assault Service - 02 4734 2512

Drugs and Alcohol

SWAHS Drug and Alcohol Central Intake - 4734 1333
Nepean Youth Drug and Alcohol Service (reception) - 4734 2129
WESDARC - 4732 1999

Local Services for Help

The Junction Youth Health Service - 4731 8017
Penrith Women's Health Centre - 4721 8749
SWAHS Community Health Centre Information Line - 1800 222 608
Lifeline - 131 114 Kids Help Line - 1800 55 1800

Helpful Websites

http://ssdv.acon.org.au	www.dvirc.org.au/whenlove
www.likeitis.org.au	www.aboutdaterape.nsw.gov.au
www.somazone.com.au	www.youthsayno.wa.gov.au
www.reachout.com.au	http://www.kidshelp.com.au/
www.sexualethics.org.au	http://www.ideas.org.au
www.burstingthebubble.com	
http://www.fpnsw.org.au/sex-matters/factsheets/69.html	

Sex and Relationships

Having a good relationship doesn't mean you have to have sex. But whatever you do whether it is kissing, touching or having sex, it should always be something that you both want to do. No one should force you into any sexual contact. Before having sex both partners should be sure that it is what they want to do.

Age of Consent

If you are under 16, no one is allowed to have sex with you. Even if you agree to have sex with someone, it is still against the law for that person to have sex with you. In NSW, the age of consent is 16 years for lesbians, gay men and heterosexual young people. This is the age at which it is legal to engage in sexual relations.

Safe Sex and Contraception

If you are having sex always ensure that you are protected from sexually transmissible infections and unwanted pregnancy by being prepared with condoms and lube. You can get these FREE from The Warehouse Youth Health Centre in Penrith and Richmond.

Homeless Persons Information Centre

Youth Emergency Accommodation -1800 424 830 (under 18 years)
- 1800 234 566 (over 18 years)

Legal Services

Legal Aid Youth Hotline - 1800 10 18 10
Indigenous Women's Legal Contact Line - 1800 639 784
Women's Legal Resource Centre (NSW) - 1800 810 784

Adolescent Counselling Services

Nepean Adolescent and Family Services - 4721 8070
Bridging the Gap - 9673 1126

Sexually Transmitted Infections

Family Planning NSW -The Warehouse Youth Health Centre - 4749 0500
Nepean Area Sexual Health and HIV Clinic - 4734 2507

Sexual Assault

NSW Rape Crisis - 9819 7357 (admin)
NSW Rape Crisis Counselling Service - 1800 424 017
Sydney West Area Health Service Sexual Assault Service - 02 4734 2512

Drugs and Alcohol

SWAHS Drug and Alcohol Central Intake - 4734 1333
Nepean Youth Drug and Alcohol Service (reception) - 4734 2129
WESDARC - 4732 1999

Local Services for Help

The Junction Youth Health Service - 4731 8017
Penrith Women's Health Centre - 4721 8749
SWAHS Community Health Centre Information Line - 1800 222 608
Lifeline - 131 114 Kids Help Line - 1800 55 1800

Helpful Websites

http://ssdv.acon.org.au	www.dvirc.org.au/whenlove
www.likeitis.org.au	www.aboutdaterape.nsw.gov.au
www.somazone.com.au	www.youthsayno.wa.gov.au
www.reachout.com.au	http://www.kidshelp.com.au/
www.sexualethics.org.au	http://www.ideas.org.au
www.burstingthebubble.com	
http://www.fpnsw.org.au/sex-matters/factsheets/69.html	



A Spyns Production 4721 8520

Content adapted From Domestic Violence and
Incest Resource Centre resources Victoria © 2000