What young people want to know about relationships

“How to maintain healthy relationships and signs to look out for, how to know when you should keep working on a relationship or walk away ”

-ANONYMOUS

“How to maintain healthy and necessary boundaries in relationships. And for consent, I would like to know the different between bribery, coercion and consent.”

-ANONYMOUS

CONTINUE

“How to read body language for when their partner/s are not enjoying the experience but don't know how to say. Knowing your body so you can speak up when something doesn't feel comfortable or you'd like to stop.”

-ANONYMOUS

CONTINUE

“Dealing with mental illness and how I can work on it to better a relationship and boundaries”

-ANONYMOUS

“Keeping a relationship healthy e.g. setting boundaries while not having the other person feel bad”

-ANONYMOUS

CONTINUE

“When does control become unhealthy? When is compromise okay? How can I better understand others boundaries when they aren't clear?”

-ANONYMOUS

CONTINUE

Healthy Relationships

There's no 'right way' to have a relationship.

Everyone has different values and boundaries within relationships - its up to you and your partner/s to decide what that looks like for you.

There will be times when you disagree or are upset with one another but none of this should lead to abuse.

Conflict is a part of relationships. When resolving conflict, remember: It's not you vs them, it's both of you vs the problem. **You are a team against the issue, coming together to fix it.** This is important as it can help relationships grow when navigated in an open way.

Open Communication

Open communication is the process of exchanging feelings, ideas or information freely between individuals. We can't read other people's minds! Allowing space for everyone to communicate openly about their own feelings and experiences can be beneficial to building an environment of trust and intimacy. This can help us avoid misunderstandings and assumptions.

Ways to openly communicate:

- **Speak from the heart**- use 'I' statements. Instead of saying "You worried me when you didn't text me" you could say "I felt worried when you didn't text me"
- **Genuinely listen**- think less about what you're going to say next, instead, take a moment to reflect. It can be helpful to summarise what they have said e.g. "So what I've heard is..."
- **Allow space**- let others express their feelings without rushing to resolve things

Control

It is important to communicate when you are not happy with something in your relationships. However, **it is not ok to control** what someone can and can't do.

Compromise

It is important for everyone in a relationship to compromise. If there is a significant imbalance, you are feeling unhappy or if it doesn't align with your values, you have the right to communicate this with your partner.

Examples of what to say: Concern, Feeling, Action

Concern: I often reschedule my plans to see you however, I notice you don't do the same for me.
Feeling: This makes me feel upset as I feel like we don't equally compromise.
Action: Could you put aside an afternoon to see me each week?

Boundaries

Boundaries are limits we set for ourselves within relationships to keep us physically and emotionally safe. Through boundaries, we can communicate our needs and limits for what we are and are not comfortable with.

Healthy boundaries are not about changing someone else's behaviour and are not used to blame someone or make them feel guilty.

Boundaries can help us take responsibility for our own safety and wellbeing.

The first course of action when communicating your needs is a request. When a request is not met, boundaries can help.

Scenario	Request	Boundary
Your friends start talking shit about someone	"Please stop talking shit about them"	"If you continue to talk shit about them, I am going to leave". Action: Leave if they continue

We have information on healthy relationships on our website at 'theyepproject.org.au' and our socials