

Talk about your needs and learn to maintain your boundaries. These are an essential part of any relationship. Each person's limits are different however everyone should understand how to enforce their expectations in any friendship or relationship.



Communication Boundaries

How often should we talk or text? What time is too late to contact?

Sexual Boundaries

Are you comfortable with

what the other person is

suggesting. You have a right

to always feel safe.



Financial Boundaries

Do we split the bill? How much do we spend on gifts? Do we share money?



Physical Boundaries

Have the conversation about public displays of affection. Do you both feel the same way about expectations?



Mental Health

Boundaries

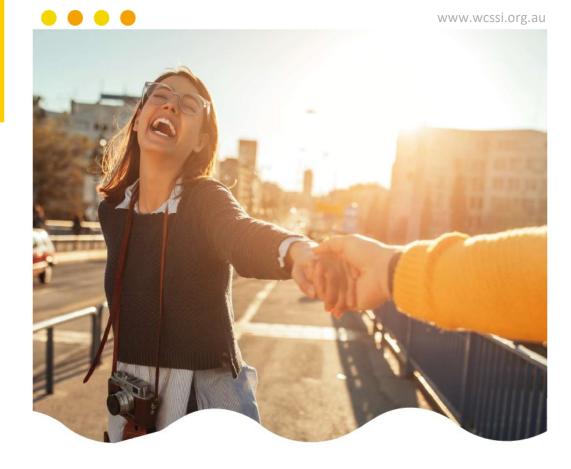
Speak up when you are 'not

ok' to have a conversation.

Be honest with your needs.

Personal Boundaries

Ensure your partner knows if you have an area that is taboo or off limits.



The Green Flags of

Positive Relationships

www.wcssi.org.au

A healthy relationship starts with loving yourself. If you can identify the healthy signs in a relationship, it is easier to also identify unhealthy signs.



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A healthy relationship is a mutually supportive, respectful, and fulfilling connection between individuals. It can exist between partners, friends, family members, or any two people who care about each other.

A healthy relationship is built on equality and shared decision making. Neither person dominates or controls the other. Decisions are made collaboratively, considering the preferences and needs of both individuals.

Each person provides emotional, mental, and sometimes even practical support to the other. Celebrating each other's successes and helping each other through challenges fosters a strong bond. While not every interest needs to align, a healthy relationship benefits from shared core values and common life goals, as they provide a sense of purpose and direction.

It's important to remember that no relationship is perfect all the time. In a healthy relationship, both people are committed to working through difficulties, learning from them, and strengthening the bond. If a relationship consistently lacks these qualities, consider seeking support from friends, family, or professionals to address the issues or consider ending the relationship for the wellbeing of everyone.

Move at a Comfortable Pace

You do not feel rushed or pressured to move at a fast pace. It's nice to spend time together but great to be apart too.

It Feels Fun

You are happy and enjoy each other's company. It's easy and safe, and the good times outweigh the bad.

Take Responsibility

You both own your actions and your words. You apologise when you know you have done something wrong.

Respect

It feels safe to set your boundaries and you are each other's biggest supporter. You listen to each other and respect opinions.

Independence

You have friends outside your relationship. You both have separate hobbies which you do not have to share.

Healthy Relationships

Honesty

You can be truthful

without worrying

about how they will

react. You do not

have to hide things.

Healthy Conflict

You openly and respectfully discuss issues. Conflict is normal but you do not belittle or yell at each other.

Kindness

Both of you are caring and empathetic. You provide comfort when needed and respect what they care about too. You are treated how you would like to be treated.

WCSS

Trust

You have confidence that your partner would not do anything to intentionally ruin the relationship. There are no tests to prove loyalty.

Equality

The relationship is balanced, and you both put in the same amount of effort. Both of your needs are just as important.
