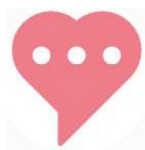


# Setting Boundaries

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?



## Financial Boundaries

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



## Mental Health Boundaries

Speak up when you are 'not ok' to have a conversation. Be honest with your needs.



## Sexual Boundaries

Are you comfortable with what the other person is suggesting. You have a right to always feel safe.



## Physical Boundaries

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



## 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.

**If you are in immediate danger DIAL 000**

**If you require immediate safe accommodation call 1800 811 811**

**For Domestic & Family Violence support call (07)3816 0139**

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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 well-being of everyone.

