

Respectful relationships

Your role

You have the right to be treated with respect, feel valued, be safe and be treated equally – this works both ways.

The more you treat others with respect, kindness, integrity and truthfulness, the more likely you are to receive this in return and have good relationships with others.

Sometimes people do not act or communicate in a respectful manner.

Disrespect, whether small or large, can lead to bullying, abuse, discrimination, domestic violence, family violence, sexual harassment and sexual violence.

We all have a role to play in calling out disrespectful behaviour. We are all responsible for treating others with respect.

Behaviours you would expect to see in a respectful relationship

Most of us have many relationships in our lives that are important to us.

These might be with our family, friends, work and school mates, our boyfriend or girlfriend, our coach, teacher or others.

Whatever the relationship, it's important you **treat others with respect** – and that **you are treated with respect**. In a respectful relationship you will:

- feel safe, accepted and cared for
- feel able and encouraged to make your own decisions
- be mindful and support the wellbeing of others
- be listened to and have your views heard and respected
- feel able to disagree or make a mistake without being put down or hurt
- show trust and honesty and receive it in return
- not behave in a way that bullies, intimidates or threatens
- not be dominating, manipulative or controlling
- seek and gain consent in everything, including sexual activity.

For advice and support about what a respectful relationship looks like, you can call Kids Helpline (1800 55 1800), or visit the headspace website.

