



Healthy relationships



All relationships go through ups and downs. There are periods of disagreement or feelings of frustration even in healthy relationships. However healthy relationships also allow for individuality, bring out the best in people and invite personal growth.



What are healthy relationships?

Meaningful and rewarding relationships are characterised by:

- feeling free to express thoughts, feelings and needs
- freedom to maintain your own individuality
- effective communication
- clear and unambiguous consent for sexual activity
- shared values and beliefs
- frequent play, humour and fun
- opportunities to resolve conflict and problems effectively
- a balance of giving and receiving
- meaningful relationships and interests outside of the relationship.

What are unhealthy relationships?

Sometimes relationships don't provide us with a safe environment where we feel loved, cared for and supported. If you're in an unhealthy relationship, you might feel:

- fearful, scared or anxious. This could include physical symptoms such as tense muscles, a racing heart or an inability to sleep
- sick or numb
- lacking confidence, powerless or like you're being coerced, pressured, monitored or controlled
- isolated or cut-off from other people in your life
- financially controlled
- emotionally or psychologically manipulated
- physically or sexually abused, including sexual activity where you haven't given full consent
- unable to say no, change your mind or leave the relationship

What can I do?

If you think your relationship might be unhealthy or abusive, it's important to seek help and support. There are multiple support services that can talk to you about your relationship, and help you develop strategies to address the issues or to leave the relationship.

- If you're in immediate danger, call emergency services on 000.
- Tell a trusted friend or family member what's going on.
- Call the Domestic Violence line (1800 65 64 63) for 24/7 support.
- Call 1800RESPECT (1800 737 732) or visit 1800respect.org.au for 24/7 phone or online counselling.
- Learn more about consent by visiting sydney.edu.au/consent
- Make an appointment through the University's free counselling service:
 - sydney.edu.au/counselling



Counselling and Psychological Services (CAPS)

+61 2 8627 8433
caps.admin@sydney.edu.au
sydney.edu.au/counselling

Level 5, Jane Foss Russell Building
Opening hours: 9am to 4.30pm,
Monday to Friday

Crisis contacts

Ambulance/Fire/Police: 000
Lifeline (24 hours): 13 11 14
Mental Health Access Line: 1800 011 511