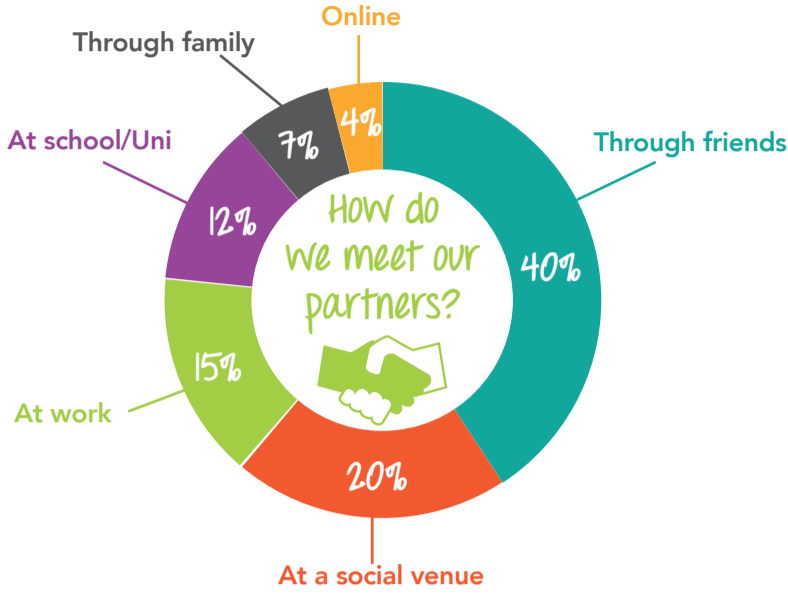


healthy relationships



The importance of Healthy relationships in sexual health

- Relationships are an integral part of our lives. Overtime, we will be part of, create, breakaway or fall out of many different relationships with many different people.
- Some of these relationships will develop into ones that are intimate or sexual.
- It is important that these relationships are healthy, built on, trust, respect and open communication.
- People in supporting, loving relationships are more likely to feel healthier, happier and satisfied with their lives.



sex and relationships

- When in an intimate relationship, you and your partner might be thinking about having sex. This is a decision both people need to make.
- Not all intimate relationships lead to sex, and it's OK if they don't.



Reasons for not having sex in relationships:

'I do not feel ready'



Not being in love with my current partner



Current partner is not willing



healthy relationships

Aspects of a healthy relationship:



open communication



support



compromise



companionship



having respect for your partner



feeling free to express yourself and be you



Listening to each other



Mutual emotional support

Talking with your partner about sexual health and contraception may seem difficult, but it's an important part of forming a healthy relationship.

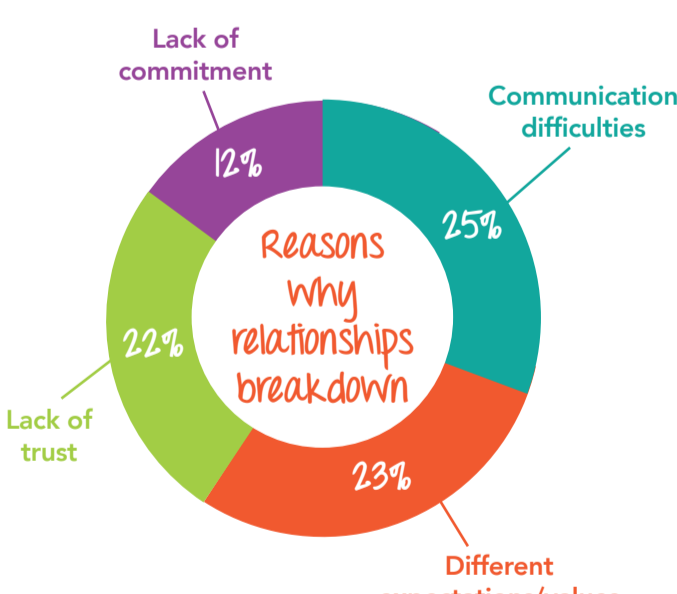
A healthy relationship is built on respect and involves both people having trust, compromise and an understanding for each other, where each person is comfortable being in the company of the other.

Healthy relationships enable you and your partner to stay in control of your sex life. Your partner will respect you for taking care of your health and theirs.

unhealthy relationships

Sometimes relationships may be unhealthy, and often it's hard to know the signs that you are not being treated right, or if you are the one not treating your partner right. In fact, relationships can go off track if the following happens:

- Lack of communication
- Little trust in your partner
- Your partner decides who you can and can't be friends with and what you can and can't wear
- Control issues
- Your partner always wants to know where you are and who you have been with
- Your partner makes you feel worthless
- Forces you to have sex with them
- Physically threatens and frightens you



Be affectionate with each other

Be open and willing to learn new relationship skills

Compromise

Always communicate

how to create and maintain a healthy relationship

Embrace both good and bad times

Spend quality time together

Spend time apart!

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