

Recognising unhealthy relationships

Sometimes relationships have an imbalance of power and control. Instead of the relationship having equality and mutual respect, one person may try to have power and control over the other person. Some relationships start out unhealthy and sometimes they develop into unhealthy relationship over time. Recognise the signs and consider ending the relationship, if safe to do so, or seek help.

Signs of an unhealthy relationship may include:

- Threatening words and behaviours
- Intimidating words and actions
- Unkindness through making you feel bad about yourself and your actions
- Isolating you from friends and family, and controlling what you do and who you see
- Minimising your concerns and blaming you for issues in the relationship
- Using children to make you feel guilty or threatened
- Using “male privilege” to define roles and make decisions
- Controlling your access to money and how you spend it
- Physical or sexual violence

If you are experiencing any of these signs in an intimate or family relationship you may be experiencing domestic and family violence. Seek help. The National Sexual Assault, Domestic and Family Violence Counselling Service is available 24/7 to provide information and support – Call 1800 Respect (1800 737 732).

If you need support to leave immediately call DV Connect on 1800 811 81. **If you are in immediate danger call 000.**

If your relationship is experiencing challenges, or you feel you don't have the skills to further develop your relationship then seek help.

If you are concerned about a friend or family member – look for the signs that something's not okay, talk with them about what's going on, listen to their experience, and seek help together.

Contact JCU Student Equity and Wellbeing

Townsville **4781 4711**
Cairns **4232 1150**
email studentwellbeing@jcu.edu.au
or drop in to Level 1 Library at both campuses

Alternatively, you could see your doctor or