

# Is your relationship healthy?

**Do you feel good about yourself and your partner and your life together?**

**Are you free to express your opinions and say 'no' to things you don't want to do?**

**A healthy relationship is based on respect.**

If your partner puts you down, or makes you feel bad about yourself, makes you ask for money or even makes you feel afraid, then your relationship isn't healthy.

**Don't put up with disrespect!**

Even if you know your partner loves you, if they're hurting you by their behaviour, it isn't healthy.

**No one deserves to be hurt in any way.**

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**Ask for your kit at Reception or visit [www.bensoc.org.au](http://www.bensoc.org.au)**

Putting the **pieces** back together