

Safe Bedrooms

A initiative of the Daniel Morcombe Foundation



Healthy/unhealthy relationships

Interacting with people online is an inevitable part of life. Making friends online can be a lot of fun, but it is important to understand that sometimes the people you meet online aren't who they say they are.

Understanding the foundation and characteristics of healthy relationships in real life can help children to recognise when an online friendship is becoming toxic and harmful, and may indicate grooming and abuse.

Use the following graphics to talk about relationships and the difference between healthy and unhealthy behaviours.

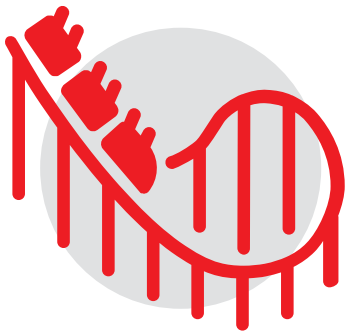
An unhealthy or abusive relationship can make you feel like you are on a roller coaster.

Sometimes the relationship can be fun or exciting, other times it can be scary and dangerous.

However, there is a significant imbalance of power where one person is in control.

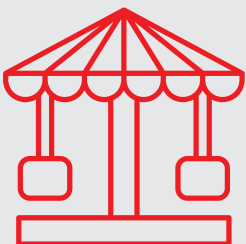
In a healthy relationship both people involved are in control of how they are feeling and there is an equal balance of power. Both people love, respect and genuinely care for the other.

What does an unhealthy online relationship look and feel like?



- Exciting
- Sometimes fun
- Hurtful
- Scary
- Imbalance of power
- Name calling
- Lying
- Takes advantage of you
- Apologises after they hurt you
- Jealous and possessive
- Denies your rights
- Buys you presents to say sorry
- Blames you for the abuse you get
- Destroys things you love
- Says everything you do is rubbish
- Controls you
- Threatening
- Intimidating
- Plays mind games
- Shifting responsibility.

What does a healthy online relationship look and feel like?



- Looks after you
- Is honest
- Listens to you
- Admits when they make a mistake
- Gives comfort
- Is fair
- Respects you
- Doesn't pressure you
- Is equal
- Supports your goals
- Encourages you
- Negotiates
- Talks openly.