

## Counselling

SHQ offers professional counselling and psychology services that specialise in unintended pregnancy, sexuality, sexual health and relationship wellbeing.

## Disability

SHQ's Disability Team provides holistic support services relating to sexuality and relationships, catered to people with disability, including:



Counselling



Training



Support



Education

Appointments with a counsellor or educator can include supported clinic visits.

## Other Services

- ▶ 1800 RESPECT ( 1800 737 732 )  
1800respect.org.au | interpreters available
- ▶ 13YARN ( 13 92 76 ) 
- ▶ Mensline Australia ( 1300 78 99 78 )
- ▶ Rainbow Sexual, Domestic & Family Violence Service Helpline (1800 497 212) 
- ▶ Centre for Women's Safety and Wellbeing ( 08 9420 7264 )
- ▶ SARC ( 1800 199 888 )

**Know someone in immediate danger?**



Call:  
**000 - Triple Zero**  
**1800 199 008 - Crisis Care**

## Looking for more information?



### Sexual Health Quarters (SHQ)

☎ 08 9227 6177 ✉ info@shq.org.au  
70 Roe Street, Northbridge WA 6003

### Sexual Health Helpline

☎ 08 9227 6178 ✉ sexhelp@shq.org.au

### Counselling

☎ 08 9228 3693 ✉ counselling@shq.org.au

### Disability

☎ 08 9227 6414 ✉ support@shq.org.au

Find us on social media



**shq.org.au**



SHQ recognises Aboriginal and Torres Strait Islander peoples resilience, strength and deep spiritual connection to land, waters and community as Australia's First People.

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**Sexual  
Health  
Quarters**

# Healthy and Unhealthy Relationships



## Unhealthy relationships look like



### Emotional/Psychological

- ▶ Being stopped from seeing friends or family
- ▶ Being called hurtful names
- ▶ Threatening to take children away



### Sexual

- ▶ Feeling pressured into unwanted or unsafe sex
- ▶ Touching without consent



### Cultural/Spiritual

- ▶ Pressuring to speak a different language
- ▶ Threatening visa status



### Technological

- ▶ Unwanted phone calls, emails or messages
- ▶ Spying on internet activity and location



### Financial

- ▶ Limiting access to money
- ▶ Not being allowed to work



### Physical

- ▶ Pushing, grabbing, choking, pulling hair
- ▶ Belongings being damaged or destroyed

## Healthy relationships look like



### Emotional/Psychological

- ▶ Trusting each other
- ▶ Talking kindly, listening and being heard
- ▶ Freedom to socialise with others



### Sexual

- ▶ Feeling comfortable to say yes or no to sex and contraception



### Cultural/Spiritual

- ▶ Freedom to express cultural and spiritual beliefs



### Technological

- ▶ Respecting private photos and messages



### Financial

- ▶ Freedom to work and to have access to own money



### Physical

- ▶ Using respectful body language and touching with consent
- ▶ Respecting partner's belongings

## Reproductive coercion and abuse is

When someone is stopped from making choices about their reproductive health.

## It can look like

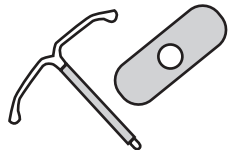
- ▶ Hiding condoms or taking them off during sex
- ▶ Pressuring to have unprotected sex
- ▶ Hiding birth control
- ▶ Stopping access to emergency contraception
- ▶ Knowingly passing on a sexually transmitted infection
- ▶ Stopping birth control from working properly (e.g. damaging condoms, pills)
- ▶ Pressuring to get pregnant or stop a pregnancy

## Contraception Options

To learn more about contraception choices scan this QR code:



Speak to a clinician if you require emergency contraception and are unable to obtain it from a pharmacy.



Scan this QR code to take a relationships quiz

