

# SAFE AND RESPECTED

How safe and respected do you feel in your relationship?

## IN YOUR RELATIONSHIP, DO YOU FEEL...

- Safe to talk about money, have money for your needs and household needs, or have a say in how money is spent?
- Safe to voice if you have a different belief or idea?
- Safe to talk about and spend time with friends and family?
- Respected and appreciated?
- Physically safe?
- Assured that your children and pets are safe?
- Respected in your use of technology such as phones and computers?

If you do not feel safe or respected in your relationships in any of these areas – help is available.

Below are people in your church you can talk to:

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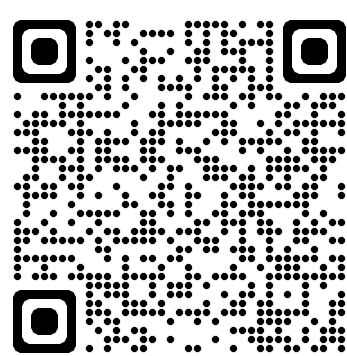
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Or call:



Conduct Protocol Unit - 02 9690 9325

Jericho Road Counselling - 1800 813 133

1800RESPECT - 1800 737 732 (24/7 line)

Mensline - 1300 789 978 (24/7 line)

For more information, visit: [breakingthesilence.org.au/dfv](https://breakingthesilence.org.au/dfv)