

Solid Relationship Tree

Strong roots. Strong trunk. Strong relationships.

A healthy relationship grows when we care for each other, respect ourselves and stay connected to culture and Country.

How to use this tree:

- 1** Look at the leaves on the tree.
These are things that help relationships grow strong.
- 2** Add your own leaves!
Write or draw what makes a healthy relationship for you.
- 3** Look at the roots.
These are the strong foundations that support everything.
- 4** Take care of your tree by looking after each other, yourself and your culture.



Every relationship is unique.
These leaves help guide us to build strong, healthy connections.



Strong foundations help our relationships grow.

Reflection Questions:

- What helps you feel safe and respected in a relationship?
- What do you bring to help your relationships grow?
- How does your culture and connection to Country support your relationships?

Self-Respect
Knowing your worth and looking after yourself.

Family and Community
Support from mob, family and community.

Culture and Identity
Knowing who you are and where you come from.

Connection to Country
Learning from Country, caring for Country, being on Country.

Elders and Ancestors
Guidance, wisdom and strength from Elders and those who came before.

Spiritual Wellbeing
Having strong spirit, purpose and value.

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When we work together with respect, love and culture – we all grow stronger.

GET HELP

If you or someone you know is experiencing violence, contact a trusted person or one of these services.

000 EMERGENCY
Police, Fire, Ambulance

1800RESPECT
1800 737 732
24/7 Australia-wide confidential support for anyone

13YARN
13 92 76
24/7 Crisis support for Aboriginal & Torres Strait Islander people

KIDS HELPLINE
1800 55 1800
24/7
Counselling for young people

LOCAL SUPPORT
Ask for local services in your community
Elders, Health, Women's Centres, Community Services

Inspired by the Safe Yarning group.
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