

Unhealthy Relationship Tree

Warning signs to look out for.

These are not your fault.
You deserve respect, safety and support.

How to use this tree:

- 1 Look at the leaves on the tree.
These are warning signs of unhealthy relationships.
- 2 Add your own leaves!
Write or draw other warning signs you have seen or experienced.
- 3 Look at the roots.
These are the things that can happen when unhealthy behaviours continue.
- 4 You have the right to get help and make choices that keep you safe.

JEALOUSY

Checking your phone, accusing you of cheating, getting angry when you talk to others.



CONTROL

Telling you what to do, where to go, who to see or how to dress. Making all the decisions.

THREATS

Threatening to hurt you, themselves, or someone you love. Using fear to get their way.

STALKING

Following you, turning up uninvited, watching you or checking up on you.

DISRESPECT

Name calling, put-downs, yelling, swearing, or not listening to your feelings or opinions.

TAKING MONEY

Taking your money, controlling what you spend, not letting you have access to funds.

Unhealthy relationships hurt.

You have the right to be safe and treated with respect.

ISOLATION

Stopping you from seeing family and friends. Making you feel alone and cut off.

LOSS OF CONNECTION TO FAMILY

Creating problems with your family or encouraging you to stay away from them.

BROKEN IDENTITY

Making you feel bad about who you are. Hurting your confidence, self-worth and culture.

DISCONNECTION FROM CULTURE

Stopping you from practising culture, connection to Country, ceremony or language.

Reflection Questions:

- Which warning signs have you seen or experienced?
- How do these behaviours make you feel?
- Who or what helps you feel safe and supported?
- What are some ways you can look after yourself and your culture?

When unhealthy behaviours continue, they can cause harm.



EMOTIONAL HARM

Stress, anxiety, depression, low self-esteem and constant fear.



PHYSICAL HARM

Injuries, pain, fatigue and long-term health problems.



FAMILY IMPACT

Children and family witnessing violence. Cycles of hurt can continue.



LOSS OF IDENTITY

Feeling lost, ashamed or disconnected from who you are.



CULTURAL DISCONNECTION

Loss of connection to Country, culture, language, ceremony and community.



LONG-TERM CONSEQUENCES

Ongoing trauma, harder to build healthy relationships in the future.



You are not alone. Help is available. You deserve respect and safety.



GET HELP

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

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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

