

RELATIONSHIP RIGHTS

ARE YOU HAPPY
IN YOUR RELATIONSHIP?



The young people pictured are actors only.

YOUR RELATIONSHIP RIGHTS

- ♥ You have the right to feel safe, and to be safe.
- ♥ You have the right not to be emotionally, physically, or sexually abused.
- ♥ You have the right to be treated with respect.
- ♥ You have the right to say yes or no to sex.
- ♥ You have the right to change your mind.
- ♥ You have the right to take the relationship at your own pace.
- ♥ You have a right to say how you feel.

The right relationship will make you happy



Sometimes it feels like it is going to be impossible to find the person who is right for you. So when you start dating someone it can be a really exciting and happy time! And that is normal. Being in a relationship is a normal part of growing up and many teenage girls are in healthy and happy relationships.

What about you?

Is your current relationship healthy and happy?

How can you tell if a relationship is healthy or not?

What should you do if you are in an unhealthy relationship?

This booklet will help you to answer these questions.



Donna's story

I was really afraid of John. At first, he made me feel special, but then he started to get jealous of me being with my friends. One night, John tried to pull me away from my friends. My friend tried to stop him and John hit him in the face! Then he said he would do the same to me. I was very scared. Relationships aren't meant to be scary like this, are they?



What is a healthy relationship?

You are in a healthy relationship if:

- 1 You feel good about yourself!
- 2 You feel safe.
- 3 You trust each other.
- 4 You feel free and confident to be yourself.
- 5 You RESPECT each other's opinions, feelings, and friendships.
- 6 You say NO whenever you want to say NO.
- 7 You work together to solve problems.
- 8 You argue without feeling scared and being abusive.
- 9 You appreciate each other with praise and compliments.
- 10 You enjoy being together... and apart sometimes.
- 11 You respect each other's choices.
- 12 You are honest with each other.



Janet, 17 years, Santo

I told him that I didn't like it when he grabbed me in front of his friends. I asked him to stop. He listened and stopped. That's RESPECT.



Respect is...

- ♥ Listening and being heard.
- ♥ Being able to disagree and have your own opinion.
- ♥ About trust and honesty.
- ♥ Understanding each other's rights and needs.

**YOU HAVE
THE RIGHT TO
EXPECT RESPECT**



Relationship 'red flags'

All relationships are different and all have their 'ups and downs'. But there are some controlling behaviours and actions that are part of unhealthy relationships. These are warning signs.

Ask yourself these questions. If you answer yes to any of them, then you might be in an unhealthy relationship.

Does your partner:

Always ask where you have been, who you have seen, and what you have done?

YES

NO

Act in a jealous way?

YES

NO

Stop you from being with other people, including your family or friends?

YES

NO

Accuse you of flirting or cheating when it's not true.

YES

NO

Criticise you all the time or make fun of you?

YES

NO

Shout, sulk, or make threats towards you or your friends?

YES

NO

Regularly break, destroy or burn things that are important to you?

YES

NO

Acts like he owns you, or insists that you have to be together all the time?

YES

NO

Hit you, push you, pinch you, or slap you – even as a joke?

YES

NO

Frequently harass you on the phone?

YES

NO

Demand that you ask permission before going out?

YES

NO

Always check your mobile phone to see who has been calling or texting you?

YES

NO

Swear at you in public places?

YES

NO

Demand that you come home immediately after work/strict with time?

YES

NO

If you answered **YES** to any of these questions, it is a sign that the relationship is not working.

All of these actions are abuse. They are not OK.

It may be time to talk to someone about what is happening to you and reach out to family and friends for support.

It may be time to ask yourself, is this relationship right for me?

**YOUR
RELATIONSHIP
SHOULD NEVER
MAKE YOU FEEL
BAD ABOUT
YOURSELF.**

Different kinds of relationship violence

Emotional violence → like yelling, calling you names or threatening you. Humiliating you in front of your friends, blaming you for problems in the relationship, stalking (following or watching you) and threatening to use violence, are all emotional violence.

Emotional violence can include abuse through the internet (social media such as Facebook) or your mobile phone.

Sexual violence → forcing you to do something sexual you don't want to do. Preventing you from having safe sex with a condom or from using birth control; or forcing you to kiss or to have oral sex are all sexual violence. Your partner must have your permission to have sex, every time. If you don't give your consent, this is called rape.

Physical violence → like kicking, shoving, hitting, biting, pulling your hair, slapping you or throwing things at you.

If anyone touches you in a way that makes you feel uncomfortable, you should run away and report the matter to the police. If you cannot run away, scream as loud as you can.

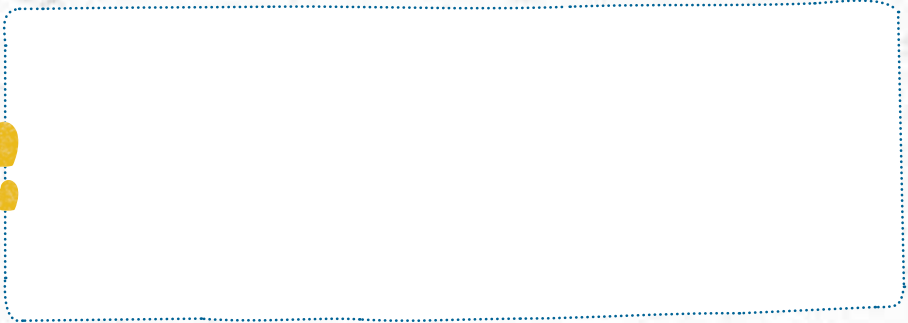
You can also call **22-222** in an emergency.

CALL 22-222


STOP EM
VALENCE

Optional questions to help you with your relationship

What do you want and need from your relationship? Write your thoughts about the relationship that is right for you and come back to them every now and then in case things don't feel quite right.



What is 'off limits' for you? What will you not allow?



Write down the names of some supportive people you can go to if you need help



The cycle of violence

He may not be violent all the time. Sometimes, violent people treat their partners well. They can be very loving and sorry for their violent behaviour. It can make it hard to see what's really happening. This is called the cycle of violence.



Rebecca's Story

Nicky was the most popular guy in the school. I couldn't believe he was dating me! My girlfriends were so jealous. But they didn't know our secret. He would make me have oral sex with him to show him that I was grateful that he chose me. He would pull hard on my hair and also grab my breasts really hard. It hurt. After every time, he would say he was sorry, that he loved me and beg me to forgive him. He promised that he would never do it again. But he never kept his promise. What should I do?



How violent relationships affect you

Girls and boys who are in violent and unhealthy relationships suffer in many ways.

You think it's your fault

You may feel that the violence is your fault. A partner's violence against you is NEVER YOUR FAULT. Not ever. No one deserves to be beaten, humiliated or treated with disrespect.

Problems at school or work

Many young people who are in unhealthy relationships have problems with their behaviour at school or at work.

Problems later on in life

Many young people who grow up with violence see it as a normal part of relationships. They may abuse others when they are older or become victims of abuse later in life.

It gets worse over time

Over time the abuse and the impact can become worse, even if your partner is sometimes very kind and apologetic. In these situations, it is important to get help to deal with the abuse.

See the back page of this booklet for places where you can get help.



Grace's Story

When my friend Grace first got together with Rex, it was so intense. They did everything together. Then he started to get jealous and push her around if she wanted to hang out with her friends or be by herself without him. We talked about it. She wanted to be in charge of her own life, not to be controlled by someone else. In the end, Grace had to break up with Rex because of the way he was behaving. She said it wasn't fun anymore. He didn't respect her right to be herself and to do her own thing.



Happier and safer

We asked girls in Vanuatu about the benefits of leaving an abusive relationship. This is what they told us.

- ♥ You can begin to lead a **happier and safer life**.
- ♥ You can get **help** and **support** to have healthy relationships.
- ♥ You start to feel **confident** about yourself again.
- ♥ You can be free. Be your own boss.
- ♥ You learn to **know your boundaries**.
- ♥ You start to know how you want to be treated.
- ♥ You learn and **grow**... you learn how to have healthy relationships.
- ♥ You can build a **stronger** you.

LOVE IS SOMETIMES
FOR EVER ... AND
SOMETIMES JUST
FOR A SHORT TIME.
YOU CAN CHOOSE.
YES OR NO.
STAY OR GO.



How to support a friend who is in an abusive relationship

Do you have a friend who has stopped socialising? Have they become depressed, worried, or angry? Do you think they are having trouble in their relationship?

You can help and support this friend:

- ♥ **Ask** if she wants to talk about anything.
- ♥ **Listen** carefully – don't judge.
- ♥ **Talk** to them about what they want to do. Don't tell them what to do.
- ♥ Tell them that they are not to blame. It is **never their fault**. If they are in an abusive relationship they probably feel very down about themselves.
- ♥ **Don't make them feel worse.**
- ♥ Make it clear that they have your support. Let them know that you **care** about them.
- ♥ Tell them where they can get **help**.



Pascaline's story

I was with my boyfriend Grant for a year and a half. I thought he was "the one" – we used to have such a great time when we went out together and he was always telling me how special I was. But he has another side. He sometimes gets really jealous and says I am cheating on him. After a while it felt like I couldn't do anything right, he was angry with me all the time. One time we had a huge fight and he slapped me hard across the face. After that, it got worse. My best friend told me that this was not right. She explained that if I was so special to him, then he wouldn't hurt me. If he really cared about me, he wouldn't hit me. I have a new boyfriend now. He really respects me. We argue sometimes. But we have a great relationship where we can both talk about things honestly. It feels good and I feel good.



Where to get help

Call the 24-hour hotline

T: 1800 200 526

Vanuatu Women's Centre

Port Vila

T: 25764

Luganville

T: 36157

Tafea

T: 88660

Malampa

T: 7799165

Torba

T: 5920880

E: vwnc@vanuatu.com.vu

Vanuatu Family Health Association

Port Vila

Emile Mercet Street

(behind Police Station)

T: 22140 (Port Vila)

Luganville, Santo

T: 36129 (Santo)

E: vfha@vanuatu.com.vu

Facebook: Vanuatu Family Health

Association

Family Protection Unit,

Vanuatu Police Department

Port Vila, Efate

T: 5552948, 22222 or 111

(ext. 2806/2834)

Luganville, Santo

T: 36723 or 111 (ext. 6236)

Isangel, Tanna

T: 111 (ext. 8281)

Lakatoro, Malekula

T: 111 (ext. 7466)

Saratamata, Ambae

T: 111 (ext. 9520)

Northern Care Youth Clinic

Luganville, Santo

T: 37361

Disability Promotion and

Advocacy Association

Port Vila

T: 37997, 7796946 or 5421040

E: dpavanuatu@dpaav.org

www.dpaav.org

Disability Desk Officers

Torba Officer – Mr Judah Isaac (5652095)

Malampa Officer – Mr Lapi Kalmet (5442292)

Sanma Officer – Mrs Doriane Naluipis (5623088)

Shefa Officer – Mr Sam Kaiapam (33615)

Vanuatu National Youth Council

T: 22352



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Family Protection Unit



This brochure was developed by the Pacific Community's Regional Rights Resource Team (RRRT) in partnership with the Government of the Republic of Vanuatu and other stakeholders in Vanuatu. It draws from domestic violence materials produced in South Africa, New Zealand and Australia and is funded by UN Women and the Australian Government.

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