

# RESPECT



WWDA  
youth  
network

## What is respect?

- ♥ Consider the feelings, wishes, or rights of others
- ♥ Not interfering with other people's bodies, choices or property



## Respect at home

- ♥ Your personal space and boundaries is not invaded
- ♥ Others do not tear you down and say hurtful things
- ♥ Your feelings and opinions are viewed as important
- ♥ Your rights are recognised

## Respect at school

- ♥ Your views are welcomed and valued
- ♥ You are given fair and equal treatment
- ♥ You can access support if you need to
- ♥ You feel safe and protected
- ♥ You receive positive praise and encouragement



# Respect in relationships

- ♥ In a healthy relationship, people are equal
- ♥ You are free to make your own choices
- ♥ You talk openly and kindly with each other
- ♥ You value each other's feelings and needs
- ♥ You support each other's interests and hobbies
- ♥ You can disagree with each other and this is OK
- ♥ No one uses violence or threatens to hurt or control you

## Self-Respect

- ♥ Accepting yourself as a person - everyone has flaws and makes mistakes, but you are important
- ♥ Remembering you have worth
- ♥ Taking care of your body and mind
- ♥ Thinking about yourself in a positive way

### GET HELP & SUPPORT

#### IF YOU THINK YOU ARE NOT BEING RESPECTED



##### ***In an Emergency***

If you are in immediate danger, Call 000 (Triple Zero)



##### ***Kids Helpline***

Call, email, or have an online chat about anything!  
Call 1800 55 1800 or visit [www.kidshelpline.com.au](http://www.kidshelpline.com.au)



##### ***1800 RESPECT***

If you have or are currently experiencing sexual, domestic or family violence. Call 1800 737 732 or visit [www.1800respect.org.au](http://www.1800respect.org.au)

