

RELATIONSHIPS & GOULBURN OPTIONS



Goulburn Options
Disability Support Services



TOPICS IN THIS BOOKLET

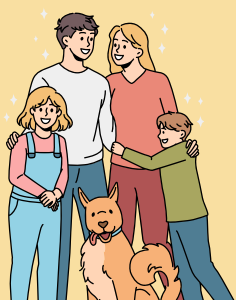
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RELATIONSHIPS

In our lives, we meet lots of people. These people are important to us for different reasons, and we have different relationships with each of them.

TYPES OF RELATIONSHIPS



FAMILY

Family relationships happen when people are related by blood or marriage. Family relationships include mothers, fathers, brothers, sisters, sons, daughters, sister-in-laws, brother-in laws, aunts, uncles and grandparents, and more!



FRIENDS

Friendship happens when people enjoy each other's company, and choose to spend time together.

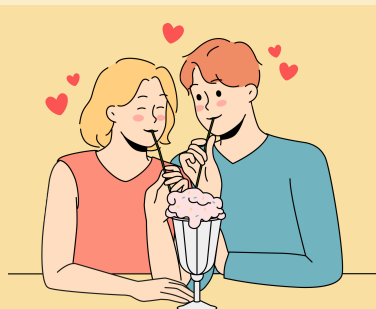


PROFESSIONAL

Professional relationships happen when people work together. Professional relationships include support workers, doctors, someone you work with, people in your program, teachers, people who work at shops and more!

RELATIONSHIPS

TYPES OF RELATIONSHIPS



ROMANTIC

Romantic relationships happen when people are in a couple. This might include dating, having a boyfriend, having a girlfriend, being married, or living with someone.

HEALTHY AND UNHEALTHY RELATIONSHIPS

There can be good and bad things in all relationships. Sometimes we don't notice people's behaviours or how their behaviours change over time. If a relationship is mostly good, we call it healthy. If it is mostly bad, that relationship might be unhealthy. Here are some examples of good and bad things in a relationship.



**GOOD
HEALTHY**

- Kindness
- Trust
- Respect
- Honesty
- Doing nice things together
- Someone to talk to

BAD

UNHEALTHY



- Bullying
- Hurting you
- Lying
- Keeping secrets
- Telling you what to do
- Arguing all the time
- Taking your money

RELATIONSHIPS

HEALTHY RELATIONSHIPS ARE IMPORTANT

Other people can help you to feel good about yourself. They can be someone you like talking to, and someone you trust.

They can make you laugh.

They can help you out.

You can share and do things together.

They will look out for you and be there for you.



In a healthy relationship the other person will listen to you, and support you.

HOW TO HAVE HEALTHY RELATIONSHIPS

- Be kind and respectful to others
- Listen to what other people have to say
- Be honest
- Do not hurt or bully other people
- Meet new people -- you can join a club, get out in the community, get a job, or volunteer
- Don't boss other people around or tell them to do something that they don't want to do.

RELATIONSHIPS

WHERE TO GO FOR ASSISTANCE WITH RELATIONSHIPS

If you would like help or advice on how to navigate a relationship, you can:

- Talk to a friend or family member that you trust
- Talk to your support worker
- Contact a service like Relationships Australia via www.relationshipsvictoria.org.au, or an advice line like the Family Relationship Advice Line on 1800 050 321.

If you would like advice on where to go for relationship support, you can always talk to a member of the Goulburn Options Team.

5792 3192
programs@goinc.org.au

Or visit our office to book an in-person meeting.



PUBLIC VS. PRIVATE

WHAT ARE PUBLIC AND PRIVATE PLACES?

PUBLIC



Public places are places where there are other people, or places where other people could be.

Public places include places like:

- Goulburn Options
- Public Transport
- Shops
- Leisure Centre and parks
- The Community (e.g. walking down the street)

PRIVATE



Private places are places where someone is alone, and no one else will arrive. In private places, doors are often closed, and no one can see in or hear noises.

Private places include places like:

- Your home
- Your room
- A hotel/motel room

AT GOULBURN OPTIONS GROUP PROGRAMS

Goulburn Options is a public place. It is a place where people work, and a place where people come to participate in Group Programs. When you come to Goulburn Options, you are there to work on achieving your goals -- and so is everyone else!

Sometimes, the way you behave in a relationship might have an impact on other people. It might make them uncomfortable or upset, confused or jealous.

It is your responsibility as a participant of Goulburn Options to make sure that your actions do not negatively affect other participants or staff.

Inappropriate kissing or touching, or affectionate touching done at Group Programs can make other people feel very uncomfortable. This is because Goulburn Options is a public place, not meant for private displays of affection.

Sometimes topics of conversation can also be inappropriate if they are not relevant to your group, or are distracting other people from their work. These conversations might be about relationships, and can also make other people uncomfortable or upset, confused or jealous.

GOALS & RELATIONSHIPS

If you would like to work on building your relationships with others or would like support outside of GO group programs to attend a social event or activity, Goulburn Options are more than happy to support you to do so!

You can:

- Meet with a member of our office team
- Call us: 5792 3192
- Send us an email: programs@goinc.org.au
- Talk to your family and/or carer, and ask them to talk to GO on your behalf



REMEMBER

When we are respectful and considerate of others, we make sure that everyone gets to have a good time at GO.





Goulburn Options

Disability Support Services

If you'd like to discuss anything that you've read in this booklet, would like assistance to access a relationship support service, or have any further questions, please contact us:

5792 3192

programs@goinc.org.au

Or, visit us in-person to organise a meeting.