

CHECKLIST

If one or more of the listed behaviours are happening to you in your relationship then it may be time to rethink your relationship or talk to someone who you trust.

DO THEY.....

- ◆ Scare you in any way? 
- ◆ Punch, slap or kick or hit you? 
- ◆ Stop you talking to your friends? 
- ◆ Pressure you to do something you don't want to do? 
- ◆ Embarrass you in front of others? 
- ◆ Check your phone or email? 
- ◆ Tell you what to wear? 



HELP & SUPPORT & USEFUL WEBSITES

If you're in immediate danger, call **999**

CHILDLINE 0800 1111

www.childline.org.uk

It is a free and confidential service for you providing phone and website support.

THE HIDEOUT

www.thehideout.org.uk

A website with interactive resources to help you understand domestic abuse and where to get help from.

RESPECT NOT FEAR

www.respectnotfear.co.uk

A website about relationships with info/support and interactive games.

DAFSU-DOMESTIC & FAMILY SAFETY UNIT

01606 351 375

Young peoples IDVA (independent domestic violence advisor) support. Advice and self-referral.

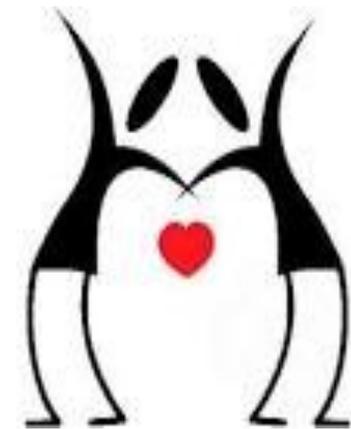
THIS IS ABUSE

thisisabuse.direct.gov.uk

Website contains a lot of advice for young people who are worried about relationship abuse.



Is your Relationship Healthy?



 Are you Worried?

 Are you scared?

 Are you Confused?

Relationship abuse is often about **POWER** and **CONTROL**.

It **rarely** happens just **once**.

There is usually a **pattern** of being **treated badly**, then made to feel loved before the **abuse** starts all over again.

It often starts with **verbal** or **emotional**

It can **build up** over time.

It is **not your fault**.

It is **not normal**.

IT'S NEVER OK !!

CAN YOU SPOT THE SIGNS OF AN UNHEALTHY RELATIONSHIP?

- ◇ They may try to **force** you to do things you don't want to by **punishing** you.
- ◇ They may call you **hurtful** names.
- ◇ They may **put you down** all the time.
- ◇ They may **criticise** your body or the way you look.
- ◇ They may make you feel **stupid**.
- ◇ They may **threaten** to hurt themselves if you dump them.
- ◇ They may **demand** to check your phone or facebook all the time and **accuse** you of cheating on them.
- ◇ They may **pressure** you to do things you don't want to by saying "**if you loved me you would**".
- ◇ They may become **angry** when you say you want to be with family or friends.

If any of these things are happening to you please talk to someone.

ARE YOUR FAMILY OR FRIENDS SAYING YOU HAVE CHANGED?

You may need help or support if anyone notices you doing these things.

- ◇ **Spending less or no time with your friends.**
- ◇ **Changing the way you look.**
- ◇ **Making excuses for your boyfriend or girlfriend.**
- ◇ **Having unexplained marks, scratches or bruises.**
- ◇ **Missing or skiving school.**
- ◇ **Falling behind with school work.**
- ◇ **Self-Harming.**
- ◇ **Become quiet and not act yourself.**

If you are worried or feel scared about your relationship :

Speak to an adult you trust, this could be a family member, family friend, a friend, a teacher or teaching staff, youth worker, speech therapist or any other adult you know and trust.

Ask them to help you get help and support!!!