

This is a **healthy** relationship

People feel good about themselves and each other.
Healthy relationships include things like:

- Being **good friends**.
- **Freedom** to do your own thing.
- Time and space to **see your friends**.
- Having your **own interests**.
- Knowing your opinions are **respected**.
- **Listening** to each other.
- Having **fun** together.
- **Trusting** each other.
- Being able to **disagree** with each other.
- Being able to go at **your own pace** – including sexually.
- **Making decisions together**.
- Being able to **talk about it** when you have an argument.
- **Feeling safe**.
- **Accepting the decision** if one of you wants to end the relationship.

Everyone deserves respect.
.....
There are no excuses for abuse.
.....
Physical assault is a crime.
.....
Abuse can be emotional
as well as physical.

When it comes to
relationships there
is no place for
violence, abuse or
trying to control a
partner.



This is **not a healthy** relationship

One person dominates and controls another.

- Your boyfriend/ girlfriend gets **angry** when you talk to someone else.
- Your boyfriend/ girlfriend is **verbally aggressive** or **physically threatening**.
- Your boyfriend/ girlfriend **calls you names, puts you down, makes you feel bad**.
- Your boyfriend/ girlfriend uses **force, threats, emotional blackmail** or **bribery** to make you do things you don't want to do.
- Your boyfriend/ girlfriend threatens to **harm** any of your **family, friends, pets** or **property** – or threatens to harm **themselves** unless you do as they say.
- Your boyfriend/ girlfriend posts **intimate photos** or **unpleasant** or **intimately revealing things** about you **online** or on **apps** without your consent.

This is control.
.....
This is abuse.
.....
Does this sound
familiar?
See over the page for
help.

Emotional abuse includes

- name calling
- threats
- humiliation
- blame
- insults
- put-downs
- isolation from friends/family
- ridicule
- intimidation
- being ignored
- control
- pressure
- extreme jealousy
- making you doubt your own opinion

Sexual abuse includes

- pressuring someone into having sex (this could include touching, kissing, fondling, oral sex, or penetration)
- taking sexual photos of someone when they don't want to be photographed or aren't aware of it, or forcing them to take sexual pictures of themselves
- sending those photos to other people or posting them online
- forcing someone to look at pornography
- offering someone to another person for sex

Physical abuse includes

- putting a person in danger
- pushing
- slapping
- hitting
- punching
- kicking
- hair-pulling
- choking
- burning
- using a weapon or other object to harm



Be
aware
of the
DANGER
SIGNS

Sexual abuse is when someone does sexual things to you that you don't agree to.

Jealousy is when someone gets angry when you talk to other people.

Isolation is when someone cuts you off from your friends.

Aggression is when someone yells and shouts at you, uses physical violence, gets into fights with other people or uses violence to solve problems.

Put-downs are when someone makes you feel stupid, calls you names, makes nasty comments or generally puts you down.

Control is when someone checks up on you all the time – where you are, where you've been and who you're with; threatens or forces you to do things you don't want to do; or doesn't let you make your own decisions.

If any of
these things
is happening
to you, you
may be in
an **abusive**
relationship.

Where to go for help

If you're in
immediate
danger call the
police on 999.

Broken Rainbow

www.brokenrainbow.org.uk

0300 999 5428

Help for lesbian, gay, bisexual and trans people experiencing abuse.

Brook

www.brook.org.uk

Free and confidential sexual health services for people under 25.

ChildLine

www.childline.org.uk

0800 11 11

A free, private and confidential service for people under 19, where you can talk about anything.

Disrespect Nobody

www.disrespectnobody.co.uk

Information for young people on relationships and consent.

LoveRespect

www.loverespect.co.uk

A website for young people providing advice about relationships and abuse.



IS THIS LOVE? was originally produced by the sexual health charity FPA and is now published by McCorquodale trading as FPA.

FPA, Riverside Road, Pride Park, Derby DE24 8HY

www.fpa.org.uk

FPA is owned by McCorquodale (Midlands) Ltd, a company limited by guarantee, registration number 11912315.

Based on a leaflet produced by FPA New Zealand.

Design and illustration by Corinne Pearlman/Comic Company

© FPA November 2019

ISBN 978-1-912202-39-3

Sexwise

www.sexwise.org.uk

Information about contraception, pregnancy, sexually transmitted infections and pleasure.

Switchboard – the LGBT+ helpline

switchboard.lgbt

0300 330 0630

Support and information for gay men, lesbians, and bisexual and trans people.

The Mix

www.themix.org.uk

0808 808 4994

Free, confidential information and support for people under 25.

Think U Know

www.thinkuknow.co.uk

Information and advice for young people about sex, relationships and the internet.

Youth Access

www.youthaccess.org.uk

Find free and confidential counselling, advice and information services.

Relationship abuse is not a one-off event. It's a cycle and usually gets worse if nothing is done to stop it.

It's not your fault.

Abusers are responsible for their behaviour. If you're in an abusive relationship, the best thing for you to do is **END IT**. This may be tough and you may need help.

- Get support from people who care about you.
- Go out in groups (not alone) for a while, and let someone you trust know where you're going.
- Carry a mobile phone (and keep it charged).
- Carry money.
- Make sure you can always get home safely.
- Speak to someone you trust or one of the organisations listed on the right for advice.
- Check settings on your social network profiles, phone and other devices to make sure they're secure and private.

Is this
love?



If **you** are
abusing
someone,
you need
help.

If you want to change your behaviour, you can – with help. To talk to someone who can help, contact **Respect** on **0808 802 4040** (www.respectphoneline.org.uk). Respect is a confidential and anonymous helpline and web chat service for anyone concerned about their violence and/or abuse towards a partner or ex-partner. Nothing is so bad you can't talk about it.