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.

Everyone deserves respect.

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There are no excuses for abuse.

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Physical assault is a crime.

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Abuse can be emotional as well as physical.

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

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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.

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**Emotional abuse includes**

- name calling
- threats
- humiliation
- blame
- insults
- put-downs
- isolation from friends/family
- ridicule
- intimidation
- being ignored
- control
- pressure
- extreme jealousy

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**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 are not 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

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**Physical abuse includes**

- putting a person in danger
- pushing
- slapping
- hitting
- punching
- kicking
- pulling someone’s hair
- choking
- burning
- using a weapon or other object to harm
If any of these things is happening to you, you may be in an abusive relationship.

If you are in immediate danger call the police on 999.

Where to go for help

FPA
www.fpa.org.uk
Information and advice on sexual health, sex and relationships.

Broken Rainbow
www.brokenrainbow.org.uk
0800 999 5428
Help for lesbian, gay, bisexual and trans people experiencing abuse.

Brook
www.brook.org.uk
Confidential information and advice for young people under 25.

Childline
www.childline.org.uk
helpline 0800 11 11
Counsellors can talk with you about any problem if you are 18 or younger.

Get connected
www.getconnected.org.uk
helpline 0808 808 4994
Confidential advice service for young people under 25.

Is this love?
If you want to change your behaviour, you can – with help. To talk to someone who can help, phone Respect on 0808 802 4040 (www.respectphoneline.org.uk). Respect offers information and advice to people who behave in abusive ways, as well as to those who are victims of abuse. Nothing is so bad you can’t talk about it.

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.

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.

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 are in an abusive relationship, the best thing for you to do is END IT. This may be tough and you may need help.