

Take the Healthy Relationship Checklist

The following behaviours are some warning signs that the relationship you're in may not be healthy.

If one or more of the listed behaviours are happening in your relationship, it may be time to rethink your relationship and/or talk to someone you trust!

So does your boyfriend/ girlfriend/ partner:

- Always ask who you are talking to or getting texts from?
- Force you to have sex when you don't want to?
- Need to be with you 24/7?
- Regularly accuse you of cheating on them or flirting with other people?
- Restrict the people you talk to, hang out with or talk about?
- Scare you in any way?
- Threaten to 'out' you to people, including family, friends, church or your job?
- Tell you you're not a real lesbian, gay man, tran's person etc. because you don't have sex their way
- Become angry or suddenly sick when you are about to go somewhere or spend time with other people, messing up your plans and keeping you at home?
- Keep you from going to sleep when you want and need to?
- Get mad if you wear clothing they don't approve of and force you to change?
- Punch, slap, kick or otherwise physically hurt you during arguments?
- Say, if you really love me, you would.....when they want you to do something you don't want to do?
- Embarrass you in public?
- Never take responsibility for their feelings or bad things that happen to them?
- Take your money or tell you what to spend it on?
- Show up unexpectedly at school, your place of work or other places you're hanging out?
- Read your email, Facebook, texts without your permission?
- Say that they've done these things because they were drunk or high or because you made them do it?

Help & Support & Useful Websites

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

DAFSU Domestic and Family Safety Unit

Young Peoples IDVA Support
Advice & Self-referral 01606 351 375

Domestic Violence Helpline

0808 2000 247
Freephone 24 hour for phone support

Clare's Law – The Domestic Abuse Disclosure Scheme - a person has the right to ask the police whether a current partner represents a risk of violence. Visit a Police Station, call 101 the Police non-emergency number

Childline

0800 1111
www.childline.org.uk
It's a free private 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.

Galop

0300 999 5428 and 0800 999 5428
help@galop.org.uk
www.galop.org.uk
Offers phone support for lesbian, gay, bisexual and transgender young people experiencing domestic abuse.

Disrespect Nobody

www.disrespectnobody.co.uk
Website contains lots of advice if YP are worried about relationship abuse

Respect Not Fear

www.respectnotfear.co.uk
A website about relationships with info/support and interactive games. Facebook page search for respectnotfear

Men's Advice Line

0808 801 0327
www.mensadviceline.org.uk

Cheshire Without Abuse

01270 250390
info@cheshirewithoutabuse.org.uk
www.cheshirewithoutabuse.org.uk

Cheshire West and Chester Council

HQ, Nicholas Street, Chester CH1 2NP
www.cheshirewestandchester.gov.uk

Cheshire West & Chester Council Teenage Relationship Abuse Awareness Leaflet

Is your relationship healthy?



If this is love why do I feel
sad & sick all the time?

Worried - Is this
what a relationship
is like?

Feeling **fearful** as the fighting is
getting **worse** and more violent.

Feeling **confused** - sometimes
he/she is loving, then gets really
mad and hits me for doing nothing.

Scared & anxious all the time –
in case I say or do something
that will make him/her angry.

Relationship Abuse is often about **power & control**.

It rarely **happens** just once

There is usually a pattern, or cycle where you are **treated badly**, then made to feel loved until the **abuse** starts all over again.

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

It can **build up** over time. So it may be difficult to spot

It's not normal.

It's never ok.

It's not your fault.

And Asking for help is not easy

Can you spot the signs of being in an unhealthy relationship?

They may try to **control** you by telling you what to wear, making you feel paranoid about yourself.

They may try to **force** you to do things you don't want to do by **punishing you**.

They may get **angry** when you want to spend time with your family and/or hang out with your mates.

They may call you **hurtful names** or **threaten** to spread rumours about you or send intimate photos to family & friends or put on them on social media.

Your boyfriend/girlfriend may try to **pressure** you to do things you don't want to do, by saying "if you loved me you would".

They may **constantly put you down** and **criticise** you about your body or the way you look. And make you feel stupid.

They may blame use of drugs or alcohol for their behaviour i.e. **hitting, slapping, and/or pushing you**.

They may **threaten** to hurt themselves if you dump them.

They may **demand** to check your phone and Facebook all the time and **accuse** you of cheating on them.

They may try to **stop you** from going to school, college or work by keeping you up all night or locked in the house.

Are your family and/or friends telling you, you have changed?

Signs you may need support/help

If you are:

- Isolated – no longer spending time with the usual circle of friends.
- Getting angry or irritable when asked how things are.
- Changing your appearance, clothes, make up or style.
- Making excuses for a boyfriend or girlfriend.
- Showing physical signs of injury, such as unexplained scratches or bruises.
- Constantly checking your mobile phone, and getting upset and anxious when receiving calls/texts.
- Missing school/college and grades are falling.
- Self-Harming
- Taking drugs & drinking alcohol to excess
- Withdrawn or quieter than usual, not acting like yourself.

If you are worried/feel scared about your current relationship

Speak to an adult that you trust. And ask them to help you get help and support.

This could be a family member, family friend and/or a

Professional worker:

A Teacher; Youth worker;

Learning mentor