

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

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

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



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**.

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.

- 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, 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.

Where to go for help

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

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



FPA
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www.fpa.org.uk

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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.

London Lesbian and Gay switchboard
www.llgs.org.uk
helpline 0300 330 0630
Support and information for gay men, lesbians, bisexuals and trans people.

Think U Know
www.thinkuknow.co.uk
Information and advice for young people about sex, relationships and the internet.

This Is Abuse
thisisabuse.direct.gov.uk
Information about relationship abuse and where to get help.

Youth Access
www.youthaccess.org.uk
Find your nearest local counselling service.

The Information Standard



Certified Member

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