

Healthy & Unhealthy Relationships

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Health & Unhealthy Relationships

- Relationships are different for everyone; however, they should add to your life and make you feel happy and excited.
- Relationships should not make you feel scared, frightened, confused, upset or hurt or not feeling good about yourself.

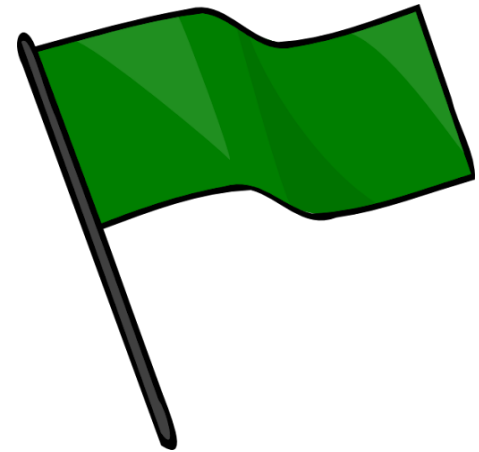


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Signs a relationship is healthy – does your partner, boyfriend, girlfriend...

- Compliment you on what you are wearing, how you look?
- Have an interest in your life, but isn't possessive, controlling or demanding?
- Make you feel happy?
- Make effort and look forward to seeing you?
- Respect your views and decisions, and allow for boundaries?
- Allow you to have conversations without feeling uncomfortable or make you worry about how they might react?
- Doesn't raise their voice or shout at you?
- Takes responsibility for their behaviour / actions?
- Allow you to have friends and your own interests?



Signs a relationship is unhealthy – do they...

- Always ask who you are getting messages from or who you are talking to?
- Ask to look through your phone?
- Scare you in anyway?
- Tell you what to spend your money on or take it from you?
- Get excessively jealous?
- Stop you from seeing your friends / family?
- Gets angry or shouts at you?
- Says, 'if you really love me you would...' when they want you to do something, that you don't want to do?
- Punch, smack, kick, throw things at you, or hurt you physically?
- Never take responsibility for their feelings / actions?
- Push the blame onto you?
- Force you to do sexual things when you don't want to?
- Turn up unannounced?



If you are worried a relationship is unhealthy or abusive

- If you think you are a victim of an unhealthy or abusive relationship, or are worried about something, speak to someone you can trust.
- There are various agencies you can go to for support or people you can talk to for help:
 - Teachers/ school staff
 - Parents or trusted family member
 - Police (if you are worried about immediate danger)
 - Childline – 0800 11 11 <https://www.childline.org.uk/>
 - Victim support - <https://www.victimsupport.org.uk/>





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Types of abuse that can happen in a relationship

Coercive Control & Manipulation

– when someone subjects a partner to a sustained pattern of controlling, threatening or humiliating behaviour. Manipulation is the controlling or using someone.

Gaslighting

– a form of psychological (mental) abuse, where a person questions themselves and their version of reality. It can make someone feel anxious, confused or as though they cannot trust themselves.

Physical abuse – intentional act causing injury or trauma to another person.

Emotional abuse – controlling another person by use of 'emotion', to embarrass, criticise, shame and blame another person.

Sexual abuse – when someone is forced, pressured or tricked into taking part in any kind of sexual activity with another person.



What is consent?

- Consent giving permission for something to happen.
- Consent in relationships is very important.
- The Sexual Offences Act 2003 says that someone consents to sexual activity if they have both the freedom and capacity to do so.
- If someone says 'no' to any kind of sexual activity they are not agreeing to it. Additionally, if someone doesn't say 'no' out loud, that doesn't automatically mean they have agreed to it either.



Think a friend or someone you know could be in an abusive relationship?

Know the signs, so you can help

- Change of appearance:
 - Do they wear different clothes?
 - Is their hair different?
 - Have they started wearing more make up?
 - Have they lost or gained weight excessively quite quickly?
- Change of behaviour:
 - Has their attitude changed?
 - Do they go home earlier after a night out?
 - Are they quieter than normal?
 - Are they going out all the time and staying out late?
- Change of communication:
 - Has communication between you and them slowed or stopped completely?
 - Do plans frequently get cancelled last minute?
 - When you see them are they constantly on their phone?



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Other useful links:

- Rise above - <https://riseabove.org.uk/tag/relationships/>
- Childline - <https://www.childline.org.uk/info-advice/home-families/family-relationships/domestic-abuse/>
- Children's Society - <https://www.childrensociety.org.uk/information/young-people/advice/teenage-relationship-abuse>
- #loverespect - <https://loverespect.co.uk/advice/>
- ManKind - <https://mankind.org.uk/>
- Reducing the risk - <https://reducingtherisk.org.uk/abuse-in-teenage-relationships/>

