Is this love?
This is a caring relationship

Two people feel good about themselves and each other. Good relationships include things like:

- Being good friends.
- Freedom to do your own thing.
- Time and space to see your friend.
- Having your own interests.
- Knowing your opinions are respected.
- Listening to each other.
- Having fun together.
- Trusting each other.

Someone who loves you cares about you.

- Everyone deserves respect.
- There are no excuses for abuse.
- Physical assault is a crime.
- Be true to yourself.

When it comes to relationships there is no place for violence, abuse or taking advantage of your partner.

This is not a caring relationship

One person dominates and controls the other.

- Your boyfriend/girlfriend gets angry when you talk to someone else.
- Your boyfriend/girlfriend is verbally aggressive or physically threatening.
- Your boyfriend/girlfriend threatens to harm any of your family, friends, pets or property.
- Your boyfriend/girlfriend uses force, threats, emotional blackmail or bargains to make you do things you don’t want to do.
- Your boyfriend/girlfriend posts unpleasant or intimately revealing things about you on the internet.

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 photos of someone in a sexual situation when they don’t want to be photographed or are not aware of it, including on a mobile phone
- Sending those photos to other people or posting them on websites
- Forcing someone to look at pornography
- Offering someone to another person for sex

Physical abuse includes
- Putting a person in danger
- Pushing
- Slopping
- Hitting
- Punching
- Kicking
- Hair pulling
- Choking
- Burning
- Using a weapon or other object to harm

Does this sound familiar? See over the page for help.
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.

- Find support from people who care about you.
- Contact one of the support organisations listed on the right.
- Go out in groups (not alone) for a while.
- Carry a mobile phone or phone card and phone numbers of people or organisations who can offer support.
- Carry money.
- Make sure you can always get home safely.
- Speak to an adult you trust or one of the organisations listed on the right for advice.

**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 0845 122 8609 (www.respect.uk.net). 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.