

## What is Relationship Abuse?

Abuse in relationships can happen to anyone. It's not normal, it's never OK and definitely not part of a healthy relationship.

If your relationship leaves you feeling scared, intimidated or controlled, it's possible you're in an abusive relationship.

## Is there ever an excuse for relationship abuse?

No. There's never an excuse for relationship abuse. Anger, jealousy, alcohol or wanting to protect the other person – none of these are excuses.



Here are some  
FACTS

1 in 5  
teenagers have  
been physically  
abused by their  
boyfriends or  
girlfriends.



130,000 children  
live in  
households with  
high-risk  
domestic abuse.  
(over half of  
Salford!)



Children exposed to domestic violence are more likely to have behavioural and emotional problems..



Does your boyfriend or girlfriend insist on snapchat video, facetime or whatsapp so you can 'prove' your location?



Abuse can manifest itself as....

- Social abuse
- Physical
- Controlling behaviour
- Emotional
- Sexual
- Financial

**Cohesive Control - a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)**

**DO they put you down? Call you names?**

**Sexually abuse you? Have you said 'NO'? Have they bragged about all the girls or boys they have slept with?**

**Physically?**

**Psychologically**

**Financially?**

**Digitally?**

**Harassment or Stalking?**

- Research has also identified that teenage relationship abuse is associated with a range of adverse outcomes for young people, including mental health, depression and suicide.

Like when I'd be out with my friends and he'd drag me off and say he didn't want me out any longer and I'd got to go in and it could be like half past six.



# Where to get help?

If you are experiencing, witnessing or know someone else who is – report it – talk to someone.

If you remember nothing else remember it is not your fault.

Speak to a teacher immediately or someone you trust.

**CALL the NSPCC – put the number in your phone or write it down 0808 800 5000**





Tell me the  
websites you  
know?

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

[www.nspcc.org](http://www.nspcc.org)

[www.womensaid.org.uk](http://www.womensaid.org.uk)

