

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?
- Restrict the people you talk to?
- Scare you in any way?
- Threaten to 'out' you to people, including family, friends, church or your job?
- Become angry or suddenly sick when you are about to go somewhere or spend time with other people?
- Keep you from going asleep 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 love me, you would.... When they want you to do something you don't want to do?
- Take your money or tell you what to spend it on?
- Show up unexpectedly at school, your place or work or other places you're hanging out?
- Read your email, Facebook, texts without your permission?
- Say that they've done things because they were drunk or high or because you made them do it?

Help & Support and Useful Websites

If you're in immediate danger, call 999

National:

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.

Karma Nivana - 0800 5999 247

Forced marriage advice for females and males.

Galop – 0300 999 5428/0800 999 5428

Phone support for LGBT young people experiencing abuse.

Men's Advice Line - 0808 801 0327

www.mensadvice.org.uk

Cheshire Wide:

Rape and Sexual Abuse Centre -

0330 363 30063

Victim Support, Cheshire Cares - 01606 366 336

Sexual Abuse Referral Centre - 0161 276 6515
(based in Manchester)

Cheshire Without Abuse - 01270 250 390

info@cheshirewithoutabuse.org.uk



Is your
relationship
abusive?



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 is not normal

It is 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 friends.

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

