

IDENTIFYING THE PROBLEM IS SOMETIMES DIFFICULT

Mya met Ed at a party at a friend Maisie's house. At first, he seemed the perfect partner. He made her laugh, he was considerate and kind, but most of all he was interested in her and they spent hours talking.

Ed messaged Mya a lot, he said he just wanted to know she was safe, but after a while it became annoying having to tell him everything that she was doing. Ed kept telling Mya it was just because he cared for her so much.

Ed didn't like Mya going out with her friends, he always got upset when she had an evening away from him. He said it was because he loved her so much that he wanted to be with her all the time. Mya started to see her friends much less to avoid the conflict.

When they first got together, Ed found out the passcode to Mya's phone. He began to use her phone sometimes saying she got a better signal than him. He read her private messages and said that they should have no secrets from each other.

Maisie met Mya after school one day and showed her the relationship quiz. Mya began to see that Ed's behaviour was quite controlling. She realised that things needed to change.

HOW TO HELP A FRIEND:

Listen to them.

Don't blame them.

Be sympathetic, take them seriously and support them.

Help them to stay safe.

Encourage them to ring a helpline.

WHERE TO GET HELP

Call 101 for advice on a controlling or abusive relationship (or 999 in an emergency)

Useful advice: Thehideout.org.uk

NSPCC & ChildLine: 0800 1111

**National Domestic Violence Helpline:
0808 2000 247**

National Stalking Helpline: 0808 802 0300

HOW HEALTHY IS YOUR RELATIONSHIP?

Do you sometimes question whether things in your relationship are how they should be?

Should you 'put up' with them, work things out, or put a stop to them and end it now?

Take our relationship quiz and find out how to help yourself or someone you know.



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ARE YOU IN AN UNHEALTHY OR ABUSIVE RELATIONSHIP?

If your relationship starts off in a bad way, it is unlikely to change. You need to take action, even if this means leaving the relationship.

Some warning signs:

- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Stopping you seeing your family or friends
- Mood swings
- Checking your cell phone, social media or email without permission
- Physically hurting you in any way
- Possessiveness
- Telling you what to do or what to wear
- Telling you that it is your fault that they behave like they do

RELATIONSHIP QUIZ

How does your partner treat you?

1. Communication

- a) They talk openly about things, listen to you and discuss problems.
- b) They pick fights or start arguments. They say hurtful things, threaten, insult or demean you.

2. Respect

- a) They respect your opinions and beliefs.
- b) They don't consider your feelings. They pressure you to do things you don't want to. They physically or mentally hurt or injure you.

3. Trust

- a) They believe what you say.
- b) They check your phone. They invade your privacy.

4. Honesty

- a) They don't have secrets.
- b) They tell lies. They unfairly blame you or make excuses for their own bad behaviour.

5. Equality

- a) They make decisions with you.
- b) They feel that their choices are more important.

6. Understanding

- a) They enjoy time with you but respect your need for time apart.
- b) They expect you to only spend time with them or their friends. They control what you wear and what you can do.

a - Signs of a healthy relationship.

b - Signs that show your relationship is unhealthy or abusive.

Both you and your partner should treat each other fairly and with respect.

WHAT YOU CAN DO

It is important that you put your safety first, so you need to choose the most appropriate action. For example, if someone is physically hurting you and has an explosive temper, then it may not be appropriate to talk to them about it.

Speak up.

If something is bothering you, talk to your partner about it. You can also talk to friends, family or a helpline.

Compromise.

Disagreements are natural and compromise is essential, but conflicts need to be resolved in a fair and rational way.

Be mutually supportive.

Reassure and encourage each other. Build each other up, don't put each other down.

Stay safe.

If you feel that you are in danger then you need to get help.

Get out.

Don't stay in a controlling or abusive relationship. Abusers may tell you that they are sorry and that it won't happen again.