

Is your relationship healthy?



Loves me...

- I feel safe
- I feel comfortable
- listens to me
- values my opinions
- supports what I want to do in life
- is truthful with me
- admits to being wrong
- respects me
- always tries to understand how I feel
- likes that I have other friends
- makes me laugh
- trusts me
- treats me as an equal
- respects my family
- understands my need for time alone or with family
- accepts me as I am

These are all things a healthy relationship looks like.
Everyone deserves to be loved.
YOU DESERVE a healthy relationship.



Loves me not...

- tries to control me
- is jealous or possessive
- isolates me
- threatens to hurt me or someone I care about or even my pets
- gets abusive or hits me
- always blames me
- demanding sexual things
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others, teases, bullies and puts me down
- makes me cry
- I feel afraid
- is always checking up on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told
- destroys my property and possessions

If you recognise even **ONE** of these warning signs, you may be experiencing domestic abuse...

It can be very difficult to talk about your feelings and what's happening in your life, but some problems won't go away if you try and sort them out yourself or ignore them.

Speaking to someone is the first step to ending abuse, you are not alone.
Call for help now, or speak to a trusted adult, friend, teacher or youth worker

Women's Aid Children & Young People's Service: **01482 474133**
Women's Aid: **01482 446099**
www.hullwomensaid.org
Preston Road Women's Centre: **01482 790310**
DAP: **01482 318759**
Childline: **0800 1111**
www.thehideout.org.uk
IN AN EMERGENCY CALL 999





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