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Abuse in a relationship can happen to anyone. It's never ok, and if it's happening to you, it's not your fault.

RELATIONSHIP CHECKLIST

In a healthy relationship both partners treat each other with respect! Answer the following questions honestly to work out if your partner treats you with the respect you deserve.

Does your partner ever:

- *Not accept you saying no to things you don't want to do (like sex)?*
- *Try to control you by checking your phone?*
- *Get angry when you want to spend time with your friends?*
- *Call you names or threaten to spread rumours about you?*
- *Try to force you to do things by hitting, pushing or pulling you?*

If you have answered yes to ANY of the above you could be in an abusive relationship and may want to speak to someone.

If you are worried about your own relationship or maybe a friend's, you can access FREE information and advice. Call or text a Young Persons Worker on 07712 862 858 or find us at www.acornsproject.org.uk