

HOW CAN I INCREASE MY SAFETY?

- Keep your mobile charged
- No credit is needed to dial 999 from a mobile
- If an argument starts move to a room that is low risk, away from bathroom, kitchen, garden shed, garage.
- Don't agree to go for car or bike rides or to remote areas
- Tell someone you trust what is happening. Set up a code word with either a friend, your family, a tutor or teacher to let them know you need help
- Keep a small amount of money on you at all times
- If you're planning to end the relationship think about how you can do this safely and consider seeking support with this
- Don't use 'follow me apps' on your devices
- Think about E-safety, create new email accounts on, facebook, twitter, instagram, snapchat, etc
- Turn off location services on your phone, other devices and in apps.
- Use a safe computer

WHERE CAN I GO TO GET HELP?

If you're in immediate danger call **Humberside Police on 999.**

For support, advice & information call any of the following agencies

Women's Aid Children & Young People's Service: 01482 474133

Women's Aid: 01482 446099

Preston Road Women's Centre:
01482 790310

DAP: 01482 318759



www.thehideout.org.uk
www.hullwomensaid.org



Is your relationship healthy?

What is abusive behaviour?

"It can happen at any age, not just in adult relationships"

Abusive behaviour is when someone continually hurts, controls or upsets the person they are in a relationship with. Domestic abuse isn't just physical violence, in fact, it often starts off with coercive and controlling, abusive behaviour.

Although women and girls are usually the victims of domestic abuse, it can happen to men and boys as well, and it can also happen in same-sex relationships.



ABUSIVE BEHAVIOUR CAN INCLUDE:

Emotional abuse:

- Checking up on you all the time (checking your emails, texts, facebook and other social networking sites)
- Calling you names
- Making you feel ashamed and guilty
- Putting you down

Physical abuse:

- Slapping
- Hitting
- Punching
- Bruising
- Choking
- Pulling hair
- Using weapons
- Pinning someone up against a wall

Sexual abuse:

- Unwanted touching or kissing
- Forcing you to have sex
- Being pressurised not to use contraception
- Being made to watch pornography against your will

Economic abuse:

- Controlling your money
- Forcing you to buy things
- Forcing you to work or keeping you from work

Isolation :

- Stopping you from seeing friends and family
- Stopping you from going to college, university or work.
- Stopping you from going out with your children or from seeing your children



Loves me...

These are the qualities of a healthy relationship.
Everyone deserves to be loved.

- 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



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 & family
- makes all the decisions
- embarrasses me in front of others, teases, bullies & 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 & possessions

If you recognise even one of these warning signs, you or someone you know may be experiencing domestic abuse...
YOU ARE NOT ALONE... CALL FOR HELP NOW!

WHAT SHOULD I DO?

When it comes to relationships, there is no place for violence, abuse or taking advantage. In a caring relationship, you should feel safe, trusted, respected and have freedom to do your own thing.

If you're worried about your relationship:

- Remember, it's not your fault
- Seek help and support and explore all options available to you
- Domestic abuse is very rarely a one off event. It does tend to get worse and happen more often over time
- Talk to someone you can trust
- Think about how you can increase your safety
- Keep your friends and family around you so you don't become isolated from them.
- Consider ending the relationship, this can be difficult to do, so talking to someone about this & seeking support will really help.

