



You have the **right** to be in a happy, healthy relationship.

Dating abuse is a controlling behaviour a partner uses to gain power over the other partner.

Emotional

Physical

Sexual

Digital

RED FLAGS: Does your girlfriend or boyfriend?

- spread rumours or shares private pictures of you?
- harasses you via text or social media messaging?
- embarrass you in front of others?
- acts in ways that frighten you?
- tries to control who you see, what you do, what you wear?
- monitors your computer or mobile use?
- gets angry at you often or quickly?
- shoves, kicks or slaps you?
- force you to have sex?
- pressure you to use alcohol or drugs?

BOUNDARIES: You have the right to:

- Trust yourself and your instincts
- Be respected as a person
- Change your mind
- Express your feelings, thoughts and opinions
- Refuse a date
- Feel good about yourself
- Choose what to wear
- Spend time with your family
- Private use of your mobile or computer
- Spend time doing things of interest to you
- Make decisions about your own body
- Choose your own friends
- Be treated with respect

Forms of Digital Abuse

- Wants your passwords to your accounts & phone
- Uses your social networking account without permission
- Sends you unwanted sexual photos
- Sends you unwanted messages to engage in sexual acts
- Makes you feel afraid when you don't respond to calls or texts
- Sends you so many messages that you feel scared or harassed
- Threatens to harm you physically
- Threatens that they are going to kill themselves
- Spreads rumours about you online or via text
- Pressures you to send sexual photos of yourself
- Takes videos of you & sends it to your friends without your permission
- Creates a profile page about you, knowing it would upset you
- Posts embarrassing photos of you online
- Writes nasty things about you on their profile page
- Uses your information from your online profile to harass you

If you think you may be in an abusive relationship, you can get help!



Zoe Parsons
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www.refuge.org.uk/get-help-now/for-teenage-girls

www.childline.org.uk

www.LoveisRespect.org

www.BreakTheCycle.org

www.paladinservice.co.uk/young-peoples-service