

# WORRIED ABOUT RELATIONSHIP ABUSE? GET SOME HELP



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

If you are worried about your own relationship or maybe a friends, you can access FREE information and advice.

**Acorns:** Call/text a Young Persons Worker on **07712 862 858**  
or find us at **[www.acornsproject.org.uk](http://www.acornsproject.org.uk)**

Information and advice for young people 13+

# WORRIED ABOUT RELATIONSHIP ABUSE? SPOT THE SIGNS

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.

YES NO

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