

# Teenage Healthy Relationships

A recent survey by the NSPCC showed that a quarter of girls and 18 per cent of boys have experienced some sort of physical violence in a relationship from their partner.

Abuse in a relationship is never okay.

Everyone deserves to be treated with respect from their partner.

## What behaviour counts as abuse

It can be if someone constantly puts you down, threatens you or forces you to do something you don't want to. It's not always physical violence, it can be sexual or/and emotional. Abuse in relationships can happen to anyone regardless of the type of relationship. Abuse can harm you physically and emotionally as well as leave you feeling isolated and lonely.

The abuse comes from your partner trying to control you and your actions.

## How to recognise the signs of abuse

Here are some sign's of controlling or violent behaviour by a boyfriend or girlfriend:

- They may get extremely jealous.
- They may monitor your calls and emails, and get angry if you don't reply instantly.
- They may have trouble controlling his or her emotions, particularly anger.
- They may stop you from seeing or talking with friends and family as much as you would like.
- They may uses force during an argument.
- They may blame others for his or her problems or feelings.
- They may be verbally abusive, or show threatening behaviour towards others.

## Signs of abuse can include

Here are some signs that may point to someone experiencing abuse:

- No longer hanging out with their circle of friends.
- Not doing as well at school, or skipping school altogether.
- Constantly checking their phone.
- Being withdrawn and quieter than usual.
- Being angry, becoming irritable when asked how they are doing.
- Making excuses for their boyfriend or girlfriend.
- Having unexplained scratches or bruises.
- Showing changes in mood or personality, or
- Using drugs or alcohol.

## These organisations who can help you if you're being abused

### **Refuge – 0808 2000 247**

Refuge is a charity that offers help and advice to women and young girls in abusive relationships.

### **Respect – 0845 122 8609**

Respect is a charity which runs support services and programmes for those who inflict violence in relationships including young men and women. They also provide an advice line for men who are victims of an abusive relationship.

Email:

[info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)

Website:

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

### **The Men's Advice**

#### **Line Helpline: 0808 801 0327**

Helpline for male victims of domestic violence

Email:

[info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

Website:

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Childline – 0800 11 11**

The UK's free and confidential helpline is not just for children they also help young people in distress or danger. Website:

**[www.childline.org.uk](http://www.childline.org.uk)**

**Womens Aid – 0808 2000 247**

Women's Aid work to end violence against women and children, Women's Aid also has a dedicated website for young people – **[www.thehideout.org.uk](http://www.thehideout.org.uk)** where young people can get more information about relationship abuse and where to get help.

**Rape & Sexual Abuse Support Centre – 0808 802 9999**

Rape & Sexual Abuse Support Centres offer a range of services for women and girls who have been raped or experienced another form of sexual violence. Rape & Sexual Abuse Centres are not just for women in 'crisis'.

**Broken Rainbow –**

**0300 999 5428**

Broken Rainbow offers support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence.

**Victim Support –**

**0845 30 30 900**

Victim Support offer free and confidential help to victims of crime, their family, friends and anyone else affected.

**Rochford District Council**

Domestic Abuse Reduction  
Officer 07920264610

If you would like this information in large print, Braille or another language please contact 01702 546366 Ext 3517



**Rochford District Council**

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Rochford Essex SS4 1BW

Telephone: 01702 546366

Facsimile: 01702 545737

Website: <http://www.rochford.gov.uk>

Domestic Abuse Reduction Officer,  
Community Safety Team

**01702 546366 Ext 3517**

**07920 264610**