



ST. DAMIAN'S R.C SCIENCE
COLLEGE

Healthy and Unhealthy Relationships

1 HEALTHY RELATIONSHIP

Being **good friends**

Freedom to do your own things

Time and **space** to see your friends

Having your **own interests**

Knowing your opinions are **respected**

Listening to each other

Having **fun** together

Trusting each other

Being able to **disagree** with each other

Being able to go at **your own pace** – including sexually

Making decisions together

Being able to **talk about it** when you have an argument

Feeling safe

Respecting the decision if either of you want to end the relationship

2 UNHEALTHY RELATIONSHIP

Your boyfriend / girlfriend gets **angry** when you talk to someone else.

Your boyfriend / girlfriend is **verbally aggressive** or **physically threatening**.

Your boyfriend / girlfriend **calls you names, puts you down, makes you feel bad**.

Your boyfriend / girlfriend **uses force, threats, emotional blackmail or bargains** to make you do things you don't want to.

Your boyfriend / girlfriend threatens to **harm** any of your **family, friends, pets or property**.

Your boyfriend / girlfriend posts **unpleasant** or **intimately revealing things** about you on **the internet**.

3 IF ANY OF THESE THINGS ARE HAPPENING TO YOU, YOU MAY BE IN AN ABUSIVE RELATIONSHIP

PHYSICAL ABUSE INCLUDES:

- Putting a person in danger
- Pushing
- Slapping
- Hitting
- Punching
- Kicking
- Hair pulling
- Choking
- Burning
- Using a weapon or other object to harm

EMOTIONAL ABUSE INCLUDES:

- Name calling
- Threats
- Humiliation
- Blame
- Insults
- Put downs
- Isolation from family/friends
- Ridicule
- Intimidation
- Being ignored
- Control
- Pressure
- Extreme jealousy

SEXUAL ABUSE INCLUDES:

- Pressuring someone into having sex.
- Taking photos of someone in a sexual situation when they don't want to be photographed or are not aware of it, including on a mobile phone.
- Sending those photos to other people or posting them on websites.
- Forcing someone to look at pornography.
- Offering someone to another person for sex.

***When it comes to relationships there is no place for violence,
abuse or taking advantage of your partner.***

4 BE AWARE OF THE DANGER SIGNS

- Sexual Abuse – is when someone does sexual things to you that you don't agree to.
- Jealousy and isolation – is when someone cuts you off from your friends or gets angry when you talk to other people.
- Aggression – is when someone yells and shouts at you, uses physical violence, gets in to fights with other people or uses violence to solve problems.
- Put downs – are when somebody makes you feel stupid, calls you names, makes nasty comments or generally puts you down.
- Control – is when someone checks up on you all the time – where you are, where you have been and who you're with; threatens or forces you to do things you don't want to do; or doesn't let you make your own decisions.

IF ANY OF THESE THINGS ARE HAPPENING TO YOU, YOU MAY BE IN AN ABUSIVE RELATIONSHIP

Relationship abuse is not a one-off event. It's a cycle and usually gets worse if nothing is done to stop it

IT IS NOT YOUR FAULT.

Abusers are responsible for their behavior. If you are in an abusive relationship, the best thing to do is to end it. This may be tough and you may need help.

If you are ever in immediate danger call the Police on 999

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IT IS NOT YOUR FAULT!

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If you are in a relationship, the best thing for you to do is END IT. This may be tough and you may need help.

Find SUPPORT from people who can help.