

## Abusive?...Supportive?...It depends?

Thinking about intimate relationships (for example between girlfriends, boyfriends, husbands and wives), decide whether the behaviours on the cards are:

### Supportive

(something that would happen in a good, positive healthy relationship)

### Abusive

(something that might happen in an abusive, unhealthy relationship)

### It depends

(something that might be abusive or might be supportive depending on the situation)

Asking where I'm going or where I've been

Pressuring me

Asking my opinion

Controlling my money

Turning up to surprise me

Smiling at me

Shouting at me when I do things wrong

Saying they can't live without me

Texting me little love messages all the time

Encouraging me with my interests and hobbies

Buying me presents

Listening to me

Hitting me

Saying they don't like my friends and I don't need them

Wanting to be with me all the time

Sulking when I go out with friends

Making me my favourite meal

Getting jealous when I talk to other boys/other girls

## Words of wisdom from other young people who have experienced domestic abuse...

Abuse is never ok in a relationship. Nobody deserves to be hurt.

Physical abuse is not just hitting, kicking someone but also can be things like spitting at someone, grabbing their hand/arm, throwing something at them.

Emotional abuse can hurt you just as much as physical or sexual abuse. This behaviour could also be a warning sign that the person could become physically violent in the future.

Controlling behaviour is a type of abuse. It can be hard to spot when you are being controlled because at first it may seem romantic if your partner wants to be very involved in your life.

Checking your partner's messages, wanting to know their online passwords and monitoring their online accounts are all types of controlling behavior.

Sex without consent is rape- even if you are in a relationship together.

