

In the activity, we had different situations in a relationship, & if it was good or bad etc. You choose to be in a relationship so what could go wrong, why could you not just break up.

Why would someone stay in an unhealthy relationship?

Now let us think about the different types of unhealthy relationships.

What is Relationship abuse?

Abuse in relationships can happen to anyone. It is not normal; it is never OK and definitely not part of a healthy relationship. It is not always physical; it can be emotional and sexual abuse too. If your relationship leaves you feeling scared, intimidated or controlled, it is possible you are in an abusive relationship.

If you are experiencing abuse, or have done in the past, please remember that you are not to blame and there are people who can help you.

There is never an excuse for relationship abuse. Anger, jealousy, alcohol or wanting to protect the other person – none of these are excuses.

Signs to spot.

Some people think that relationship abuse is just about violence, or physically forcing somebody to do something, they do not want to – but that is not true. Abuse can be emotional and verbal, and could escalate to physical or sexual abuse. All types are serious and they are never OK.

Watch the video - Would you stop yourself? On YouTube.

What is emotional abuse?

What is physical abuse?

What is sexual abuse?

Looking at the descriptions, did you get many? Tick the ones you listed.

Do any surprise you? Discuss.

Emotional Abuse.

Some people use emotional abuse to control people. These signs can be more difficult to spot, but could include:

Getting angry when you want to spend time with your friends, isolating you from friends and family.

Threatening to spread rumours about you.

Saying things like “If you loved me you would...”

Putting you down all the time, using names like ‘frigid’ or ‘slut’ to control what you do, humiliate you and destroy your self-esteem.

Trying to control your life (telling you how to dress, who you hang out with and what you say).

Threatening to harm you or to self-harm if you leave them.

Demanding to know where you are all the time.

Monitoring your calls and emails, threatening you if you do not respond instantly.

Getting angry, quickly.

Using force during an argument.

Blaming others for their problems or feelings.

Being verbally abusive, Using threatening behaviour towards others.

Physical Abuse.

Some people use violence to force someone to do something or threaten to use it to control them. It could include- Hitting, Punching, Kicking, Slapping, pushing someone against a wall and refusing to let them go, holding somebody down.

Sexual Abuse.

Forcing someone to do any sexual act do not want to do is rape or sexual assault. This kind of abuse can happen in relationships as well.

There is no justification for abuse. If your partner either threatens or physically assaults you, which includes shoving or pushing. It will only get worse. Inform the authorities, tell your friends or family, and call 999 immediately. If you do not want to report it to the police you can contact a Sexual Assault Referral Centre (SARCs) via NHS website, or support organisations e.g., <https://rapecrisis.org.uk/> or search locally.

Many people care and want to help you.