

Warning signs

They get really jealous when you spend time with friends

They make you nervous all the time, like you're walking on eggshells

They have frequent temper outbursts or suddenly change mood

They criticise you or put you down in front of your mates

They make you feel like you can't do anything right

They check your messages or demand your social media passwords

They accuse you of flirting or cheating when you're just being friendly

We believe love shouldn't feel bad, and that everyone has a right to be safe and happy

loverespect.co.uk

Do you know what makes a relationship *healthy*?



Try our relationship health
check at



loverspect.co.uk

💔 What is gaslighting?

💔 What should I know about consent?

💔 What's coercive control?

💔 I think I'm in too deep – where can I get help?

💔 Is my relationship healthy?

💔 Should I believe the excuses?

💔 Has anyone else been through this?

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“I’d see adverts about domestic abuse with older women and I’d think, ‘I’m a teenager, I don’t get punched in the face. Nobody would take this seriously.’”

women’s aid
until women & children are safe