



Some things  
to  
Remember...

Abuse is  
Wrong

It is not  
Your fault

**Speak** up

and  
speak out  
and

There are  
organisations  
and  
people who

can help

Belfast and Lisburn Women's Aid run a programme on Healthy Relationships. This programme is aimed at raising awareness and an understanding around what constitutes a healthy and non-violent relationship.

It looks at:

- ♥ the benefits of being involved in healthy relationships
- ♥ what is acceptable and unacceptable within a relationship.
- ♥ It highlights that abuse is not only physical, looking at emotional and verbal signs of abuse too.

If you would like some more information on this programme or if you are worried about your relationship, and have any concerns or questions, you can contact us on:



**02890666049** asking to speak to the young persons worker, or

Email:

[admin@belfastwomensaid.org.uk](mailto:admin@belfastwomensaid.org.uk)

Our website: [www.belfastwomensaid.org.uk](http://www.belfastwomensaid.org.uk)

Our address is: 30 Adelaide Park, Belfast

The domestic violence helpline number is **0800 9171414** and this is a free phone 24 hour number

**women's aid**

Belfast and Lisburn

# 'Heading For Healthy Relationships'



## Do you think your relationship is healthy??

Ask yourself if your boyfriend or girlfriend..

- ◆ Is jealous and possessive towards you?
- ◆ Won't let you have friends
- ◆ Checks up on you and won't accept you breaking up
- ◆ Insists on seeing you all of the time
- ◆ Has regular mood swings and you feel like you are walking on egg shells because you never know when or what will set them off
- ◆ Is often verbally abusive, use threats to hurt, embarrass or restrict your freedom
- ◆ Uses bullying language

- ◆ Refuses to accept that the relationship is over, as far as they are concerned it continues for as long as they decide
- ◆ Plays down abusive moments as if it were only a one off, they didn't mean it, it was drink/ drugs or stress at home
- ◆ Blames you for making them act violently or abusively and will not take any responsibility for what they have done
- ◆ They are scary and you have felt frightened by them
- ◆ Makes you choose between them and your family/ friends
- ◆ Uses guilt trip phrases like 'If you really loved me you would..' to control you
- ◆ Threatens self harm and suicide if you left them, broke up with them or criticised them

- ◆ Points out traits they see as faults
- ◆ Uses sensitive information you have shared or personal things to criticise and hurt you?

If any of these examples of behaviour ring a bell then talk to and check your relationship out with someone you trust.



Do you think you would be able to live a **happy** and **free** life if you had to deal with this behaviour?

Remember:

You always have choices