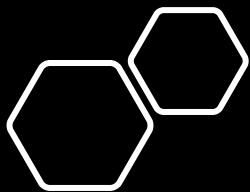




# Relationship abuse

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Know the facts



# Relationship abuse

Please be aware that the following slides could be very sensitive for some.

If you or someone you know feel the need to talk, please see a trusted adult. We are here to help, and you will not be judged.

No one should suffer in silence.

**BE AWARE!**

Dear God, please give me  
strength when I am weak,  
love when I feel forsaken,  
courage when I am afraid,  
wisdom when I am foolish,  
comfort when I am alone,  
hope when I feel rejected,  
and peace when I am in  
turmoil.

## Relationship abuse

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Please join your form tutor in listening  
to the following prayer.

Be mindful of our sensitive topic  
today.

Give it the high profile and respect it  
deserves.

In difficult times we need to support,  
care and think of each other.

# Relationship abuse

Abuse in relationships can happen to anyone. It's not normal, it's never OK and definitely not part of a healthy relationship.

It isn't always physical; it can be emotional and sexual abuse too.

If certain relationships leave you feeling scared, intimidated or controlled, it's possible you're in an abusive relationship.

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

Please speak out and seek a trusted adult.





# Relationship abuse

There is never an excuse for relationship abuse, whether it be because of anger, frustration jealousy or wanting to protect the other person – none of these are excuses.

People should never be singled out for being different or not conforming to societal norms.

- Q- So what makes people different?
  - Q- Isn't being different cool and interesting?

We all enjoy looking for different things in our lives- clothes, music, places to visit or people to 'follow' on social media.

- Q- So why do people become so objectionable when it comes to individuals?



# Relationship abuse

When we are talking about relationship abuse, we mean unacceptable behaviour between two people. You don't have to be an 'official' couple to experience abuse and it doesn't matter what your relationship status is.

Unless you understand what a good relationship looks like, you might not realise you're in a bad one. Good relationships are about **respect**. You should feel **loved, safe and free to be yourself**.

Q- What sort of behaviours do you think are shown in an abusive relationship?

Have a quick talk with the person next to you. Be careful to use acceptable language and terminology.



# Relationship abuse

## What is 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 insulting names 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 don't respond instantly
- Getting really angry, really quickly
- Using force during an argument
- Blaming others for their problems or feelings
- Being verbally abusive
- Using threatening behaviour towards others
- Pressuring you to send them nude pictures







# Relationship abuse

## What is physical abuse?

Some people use violence to force someone to do something or threaten to use it to control them. This could include:

- 
- Hitting
  - Punching
  - Kicking
  - Slapping
  - Pushing someone against a wall and refusing to let them go
  - Holding somebody down

Please pay attention to the following short films

- <https://youtu.be/ObvC12uJa6A>
- <https://youtu.be/EyH2eGA1POo>

Additional information links can can found here;

- <https://www.disrespectnobody.co.uk/need-help/>







# Relationship abuse

## **What is sexual abuse?**

Forcing, cohering or blackmailing someone against their will to do any sexual acts they don't want to do. This is classed as rape.

Relationship abuse and controlling behaviour can have serious consequences for both the people being abused and those that are doing something wrong to their partners.

## **How can relationship abuse affect the person being abused?**

Relationship abuse can destroy someone's self-confidence, have a negative impact on their health and wellbeing and leave them feeling isolated, lonely or depressed.

## **What happens to the abusers?**

Many abusive behaviours are illegal and can even carry a prison sentence. Criminal convictions can also stop people from doing certain jobs and travelling abroad to certain countries.

## Relationship abuse

Abusive behaviour is also not tolerated for the following reasons;

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- A person's religion
- A person's financial position
- Where a person lives
- A person's culture
- A person's skin colour
- A person's ability or disability
- A person's gender or orientation
- A person's hobbies or interests



## The heart that's meant to love you

will fight for you when you want  
to give up, pick you up when you're  
feeling down, and will give their smile  
when it's hard for you to find yours.  
They will NEVER get strength from  
seeing you weak, power from seeing  
you hurt, or joy from seeing you cry.  
The heart that's meant to love you  
wants to see the best of you, not  
the hurt you! Never forget that.

— Trent Shelton

# Relationship abuse

When you have some quality 'down time' please listen to  
the following songs and their lyrics.

It is essential that we remember to be respectful,  
compassionate and kind people.

If anyone needs help, support or time to talk, please find  
the courage to speak to someone you trust.

<https://youtu.be/z9BPMjL44Aw>

- Coldplay and Big Sean

<https://youtu.be/Tj6-t7SbyoE>

- Mica Paris

<https://youtu.be/RHmCYqVfQ4c>

- Jess Glynne