

# Checking up or checking in?



SAFETY, TRUST AND RESPECT  
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If you are in a relationship with someone, you should both feel **trusted, safe, respected and free to be yourself.**

If you are trying to control your boyfriend or girlfriend's life, this is not normal and it's never okay.

Get jealous if your boyfriend or girlfriend speaks to other people?

## Quick Quiz

Force your BF / GF to do things even if they don't want to do them?

Hack in to your BF / GF's social media account to check up on them?

Is it OK to...

Pressure them to spend all their time with you and not with their family or friends?

Try to get them to do something by saying 'if you loved me, you would'?

Expect your BF / GF to ring or message back straight away?

If you've answered 'yes' to many of these questions, you might be trying to control your partner. This is not OK. It can harm your partner and your relationship.

You can choose to change!

For advice on relationships, you can visit:  
[Change, Grow, Live](#) [Break the Cycle](#)  
and remember you can use [Childline](#)



Live Fear Free Helpline  
0808 80 10 800

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