

Relationships that Hurt



SAFETY, TRUST AND RESPECT
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Relationships should make us feel supported, safe and respected. They should not make us feel scared, uncomfortable, sad, or in danger. If they do, you might be experiencing abuse.

Abuse can happen in any relationship - with family, friends, partners, teachers, and many more. Read below about what you can do if you feel unsafe or unhappy at home or in your own relationship.

Relationships at Home

If an adult at home is fighting with or hurting another adult, it's called domestic abuse. Domestic abuse isn't always physical - if they're controlling, bullying and threatening, that's also abuse.

If this is happening it often feels unsafe. It can happen in any family.

It isn't your fault.

You might be more worried now that the schools are closed and you can't go out with friends, but remember: there is always someone you can talk to.

My boyfriend/ girlfriend

Being in a relationship with someone does not mean that they have the right to control you. If your partner is trying to pressure you into doing, saying, wearing, or watching things that you don't want to, this is abuse.

It's not OK.

Trust yourself to know that something is wrong if you're feeling uncomfortable. There are lots of places where you can get support and advice. You can find out more about healthy relationships [here](#).



If you're worried about your safety or someone else's safety, or if you think you are in an abusive relationship, you can contact:

Live Fear Free Helpline:
0808 80 10 800 (phone)
0786 00 77 333 (text)
gov.wales/live-fear-free (live chat)

Childline - 0800 1111 or 1-2-1 Chat
If you feel in danger, you should call the police on 999.



Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800




Cymorth i Ferched Cymru
Welsh Women's Aid