

**Ross-shire Women's Aid:** 01349 863568  
CYP Service – 07523252549  
Skye & Lochalsh: 01478 613365  
CYP Service - 07848023277  
Wester Ross: 07848 023282

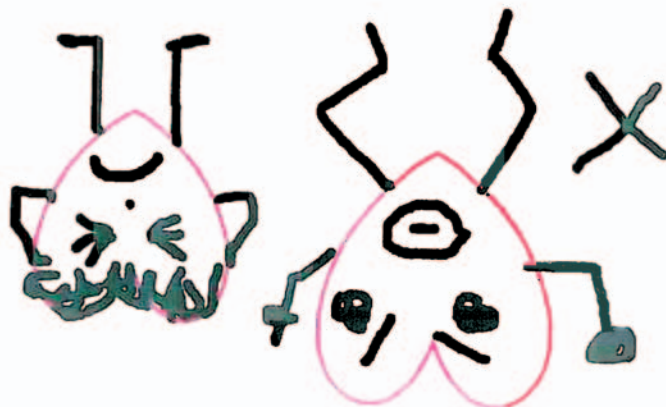
#### Helplines

Domestic Abuse Helpline (Freephone): 0800 027 1234  
Childline – (Freephone): 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)  
Runaway Helpline: 0808 800 7070  
Broken rainbow: 0300 999 5428 [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)  
LGBT Domestic Abuse Project: 0141 552 7425 [www.lgbtdomesticabuse.org.uk](http://www.lgbtdomesticabuse.org.uk)

#### Other

Victim support – 01463 242 240  
Rape and Abuse Line – 0808 8000 123 or 0808 8000 122  
Samaritans – 08457 90 90 90  
Breathing space – 0800 838587  
Mens Advice Line – 0808 801 0327  
Respect Perpetrators helpline: 0808 802 4040 [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

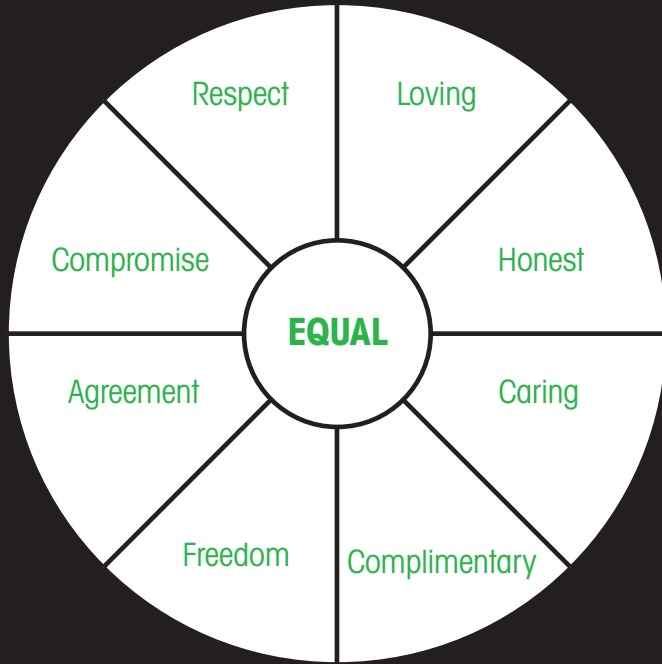
This leaflet was designed by the young people supported by Ross-shire Women's Aid  
Ross-shire Women's Aid Charity No SC008514



# Equal Relationship

An equal relationship is when two people put in equal effort to make their relationship work.

- Freedom to do own thing
- Respecting each other
- Both have their own friends and still see them
- Wants the best for you
- Do things together
- Both allow each other to go out
- Able to talk about it when having an argument.
- Trusting each other



## Emotional Abuse

- Name calling
- Threats
- Put downs
- Being ignored
- Control
- Jealousy

## Sexual Abuse

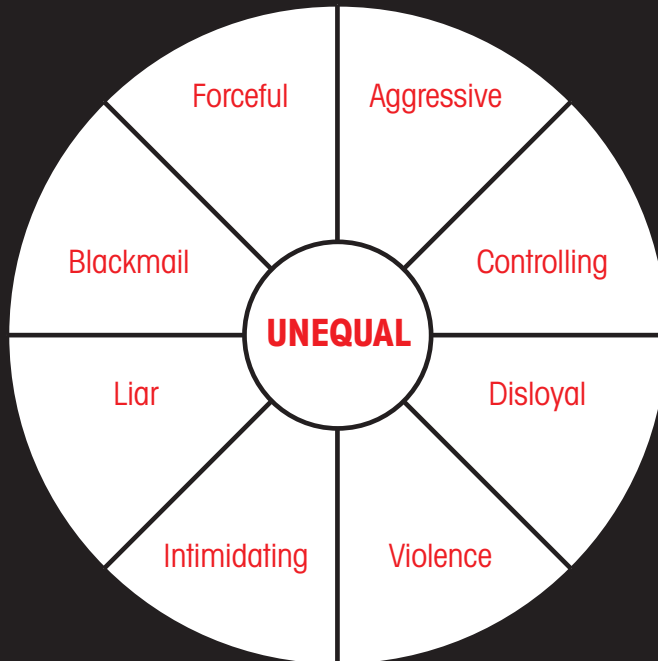
- Pressuring someone into sex
- Sexting (sending/taking sexual photos and texting sexual messages against the person's wishes)
- Forcing someone to watch pornography

## Physical Abuse

- Putting someone in danger
- Hitting
- Punching
- Slapping
- Biting
- Kicking
- Hair pulling
- Burning

## Financial Abuse

- Keeping someone in debt
- Controlling all money decisions and not allowing the person money



## Not Equal

An unequal relationship is when one person is in control and the other feels they have to walk on eggshells to avoid confrontation

- Your boyfriend/girlfriend is controlling
- Disrespectful towards you
- Doesn't trust you
- Makes a fool out of you
- Tries to turn you against your friends and your family
- Puts you down in front of your friends
- Freedom taken away
- Uses threats to get what they want

