



WHAT IS ABUSE IN A RELATIONSHIP?

There are different kinds of abuse that can happen.

- Emotional abuse
- Physical abuse
- Sexual abuse
- Digital abuse
- Financial abuse

Some examples of each are given here.

1. 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
- Trying to control your life (telling you how to dress, who you hang out with and what you say)
- Getting really angry, really quickly
- Using force during an argument
- Blaming others for their problems or feelings
- Being verbally abusive

2. What is physical abuse?

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

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

3. What is sexual abuse?

Forcing someone to do any sexual acts they don't want to do is rape or sexual assault. This kind of abuse can happen in a relationship. Things like:

- Calling you a slut, or other names
- Pressuring you into having sex or performing sexual acts

- Involving other people in sexual activities with you without your consent
- Ignoring you if you say you don't want to have sex
- Forcing you to watch pornography or to participate in the making of it
- Withholding or controlling your access to contraception and protection
- Threatening to share intimate images of you with your friends, family, community or online.

4. What is digital abuse?

- Watching your social media accounts i.e. keeping track of who likes your posts, who messages you
- Sending you negative or insulting messages
- Using technology to track your movements and activities
- Sending you nudes without your consent and demanding you send them in return
- Constantly texting you and making you feel you can't be separated from your phone
- Insisting that you give them your passwords to your email or your social media accounts.

5. What is financial abuse?

- Giving you money and making you say how you have spent it.
- Not letting you have any access to the bank account or money
- Stopping you from working
- Taking out debt in your name or making you take on debt for them
- Not giving you money towards household bills when you live together
- Not paying maintenance for children when the relationship has ended.

Childline provides free confidential advice and support for all young people your age. Whatever your worry, if it's about you or someone you love, Childline counsellors are there to help. Speak to them by phone, online or email 24 hours a day.

Information and chat online <https://www.childline.org.uk/>

Phone: 0800 1111