



## 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.

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