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**STREET**

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Supporting healthy teenage relationships

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Supporting healthy teenage relationships

## Examples of a toxic or abusive relationship:

- ▶ Puts you down, calls you names
- ▶ Gets jealous when you're with friends, family
- ▶ Accuses you of things that aren't true
- ▶ Makes you feel scared or nervous
- ▶ Tells you what to do, where you can go, what you can wear
- ▶ Hitting, pushing, kicking, pinching
- ▶ Sends you lots of unwanted messages
- ▶ Breaks your stuff (eg your phone)
- ▶ Threatens to share nude images of you
- ▶ Checks your social media.

## What can I do?

If you think you or your friend is experiencing domestic abuse in their relationship, or at home, talk to an adult you trust. They can support you or your friend to get help and advice. There is never an excuse for toxic or abusive behaviour.

## Where can I get help?

If you're ever in immediate danger call the police on **999**.  
*All these services are free and confidential.*

**STREET: [www.ygtglos.org.uk/STREET](http://www.ygtglos.org.uk/STREET)**

**Childline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)**

**The Mix: 0800 808 4994 [www.themix.org.uk](http://www.themix.org.uk)**

**GDASS: 01452 726 570 [www.gdass.org.uk](http://www.gdass.org.uk)**