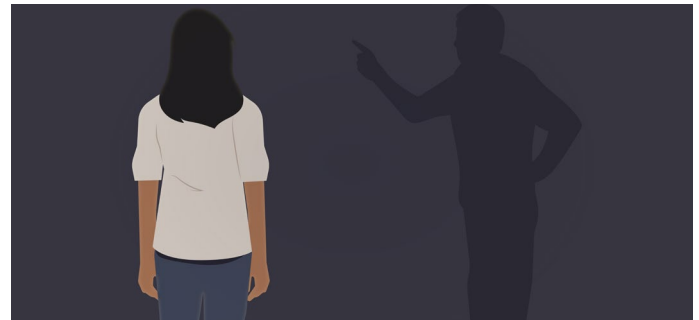


UNHEALTHY RELATIONSHIPS & EXPLOITATION

WHAT DOES AN UNHEALTHY RELATIONSHIP LOOK LIKE?

This can be when someone:

- 🚨 Controls your actions, whereabouts, contacts, and finances
- 🚨 Inflicts physical harm
- 🚨 Damages property in fits of anger
- 🚨 Issues threats to harm you or loved ones
- 🚨 Engages in emotional abuse, such as name calling and belittling
- 🚨 Isolates you from others, cutting off relationships
- 🚨 Pressures you into sexual activities with them or others
- 🚨 Pressures you into substance use
- 🚨 Pressures you into causing harm to others or committing crimes – otherwise known as criminal exploitation
- 🚨 Pressures you to involve others in harmful activities



SEXUAL EXPLOITATION

Sexual exploitation is where a person is forced, manipulated or deceived into sexual activity with others.

It can happen in person or online and can sadly happen to anyone. Often, people who sexually exploit others can use violence and intimidation to frighten or force a person, making them feel as though they have no choice.

There is never **CONSENT** when it comes to being exploited or exploiting others.

Sometimes it's difficult to know when you're in an abusive relationship, especially if you're being manipulated to think otherwise. This could be a relationship of any kind whether a romantic partner, friend, family member or professional.

A MESSAGE FOR STAFF

Are you confident the young person can understand this text?

If not, please scan the QR code so they can access an alternative version of this leaflet.



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