



love

shouldn't feel bad



women's aid

until women & children are safe



# What is relationship abuse?

Relationship abuse is the abuse of one partner within an intimate or family relationship using a pattern of behaviour that is **unhealthy** and **harmful**. This pattern of behaviour could be controlling, threatening, violent or be demeaning, **making you feel small**.

Relationship abuse can involve physical violence including punching, hitting, slapping and threatening to cause harm. Abuse also includes sexual violence including unwanted sexual acts, including having sex when you don't want to. **But abuse isn't always physical** and abusers often use emotional abuse, bullying and humiliation to intimidate and isolate, making it very hard for women and girls to leave. Coercive and controlling behaviour is now a criminal offense.

**Relationship abuse can happen to anyone**, regardless of age,

social background, gender, religion, sexuality or ethnicity.

Sadly, relationship abuse is very common and in the majority of cases is experienced by women/girls and perpetrated by men/boys. It is rarely a one-off event and abuse tends to escalate in frequency, and often grows more serious over time. Abuse is unacceptable in any relationship and there is help and support available for everyone, with links on the Women's Aid website.

**No physical violence?**  
**No shared house?**  
**No children?**  
**Only 15?**

**It doesn't matter.**

The law recognises the abuse as a crime – the more we talk about it the more other people will too.

 Find out more at [loverspect.co.uk](https://loverspect.co.uk)



# Our life-changing work

**Women's Aid is the national charity working to end domestic abuse against women and children.** Since 1974, Women's Aid has been at the forefront of shaping and coordinating responses to domestic abuse through practice, research and policy.

We are a federation of just under 180 organisations which provide 300 local lifesaving services to women and children across the country.

## We support survivors of abuse

**If you think you might be experiencing abuse, but aren't sure**, we're here to help. You can take our quiz, or read more about identifying the red flags of abuse on the Love Respect website.

[loverespect.co.uk](http://loverespect.co.uk)

**If you are experiencing abuse**, you can access one to one focused support with the trained team at The Mix, either by phone, webchat or by email.

[themix.org.uk](http://themix.org.uk)

**Or if you are 18+** you can access our support services, which include the Women's Aid Live Chat (open Mon - Fri 8 :00am - 6:00pm, Sat & Sun 10:00am – 6:00pm), our email service, the Survivors' Forum, the Survivor's Handbook, which help thousands of women and children every year.

[womensaid.org.uk](http://womensaid.org.uk)

## Come together to end domestic abuse

We provide expert training and consultancy to a range of agencies and professionals working with survivors or commissioning domestic abuse services. Our campaigns achieve change in policy, practice and awareness, encouraging healthy relationships and helping to build a future where domestic abuse doesn't exist. There is no silver bullet or magic wand that will solve domestic abuse – but we need people to come together, to step up, and do what they can in their communities and workplaces to end domestic abuse.



**Find out more at:**  
[womensaid/cometogether](http://womensaid/cometogether)

## Alice's story

When people hear about domestic or relationship abuse they often think it won't happen to them. And that's what Alice Liveing, fitness influencer and Women's Aid Ambassador, thought before she experienced an abusive relationship when she was 16 that would change her life forever.



**“I was so ashamed. I was trapped and couldn't tell anyone. I sank to a point of low that I can only describe as rock bottom. I had panic attacks. I went from a happy and confident teenager, to a paranoid, anxiety-ridden girl who felt completely worthless. I want every person out there to understand that no matter how alone and trapped you may feel, there is always someone at Women's Aid who will be there to listen and to help.”**



This is why we're here. We want to help more women and girls like Alice, but we need your help to do it. If you want to make a difference, why not become a fundraiser?

**Find out more at [www.womensaid.org.uk/get-involved](http://www.womensaid.org.uk/get-involved)**

# You can make a difference

Become a fundraising champion in your school! Our life-saving work would not be possible without our amazing, passionate supporters. Not sure how you can get involved? We have plenty of tried and tested fundraising ideas, to get you started!



## Charity of The Year

Get the whole school involved and ask if Women's Aid can be the school's Charity of the Year. Speak to a teacher, your student representative or head girl/boy about how to make it happen. That way, you can fundraise throughout the year with lots of activities and every everyone can get involved!

## Bake off!

A cake sale is a fun and tasty way to raise money. Set up a stall after school or at lunchtime and ask people in your class to bring in cakes to sell to the whole school! Chances are there won't be any left!



## Charity gig

Do you sing, play an instrument, or play in a band? Or maybe you just know some people who do. Reach out to a teacher, to help you organise a charity gig. You can create a set list and play at lunch, or after school. Then promote! Ask people to pay a small entry fee.

## Take on a challenge

Whether you and some friends want to climb a mountain, run a 10K or maybe an inflatable 5K! There are lots of amazing challenges that are a great way to get your friends together and raise money. We have local recommendations for events if you need help deciding!



Whatever you do, make sure your fundraising event is safe and legal. Do you need permission, licences or to display allergy information? There are certain rules you may have to follow. But we have lots of information on our website. Or email us at [fundraising@womensaid.org.uk](mailto:fundraising@womensaid.org.uk)

# Other ways to make a difference



**Learn more** about domestic abuse. Know the signs to look out for and check in with your friends if you have concerns.

**Dispel myths** about relationship abuse and challenge sexism. people who know and understand about abuse, the better.

**Take action**, your voice counts. Join us on social media and help spread the word, challenge myths and victim-blaming, and call out sexist behaviour. It doesn't matter how small the action, it helps to create wider change.



@womens\_aid



@womens\_aid



@womensaid



@womensaid

Make a change where you are. Is there a poster in your school's communal space on how to get help if you're experiencing abuse?

**Ask to put up one of the posters in this pack.**





why does my partner



why does my partner make me feel bad for seeing my friends



why does my partner criticise my body



why does my partner hate the way I dress



why does my partner go through my phone



why does my partner hurt me



why does my partner pressure me into having sex



why does my partner say they can't live without me



Are you questioning if your relationship is healthy?

Take the quiz on  
[loverespect.co.uk](https://loverespect.co.uk)



women's aid  
until women & children are safe

# Has your partner ever...

told you what to wear?



made you feel bad for seeing friends?



checked your messages?



put you down in front of others?



threatened to hurt you or  
themselves?

## It's not love. It's control.

For advice go to  
[loverespect.co.uk](https://loverespect.co.uk)



women's aid  
until women & children are safe