



Stay Safe @ Upton

April 2025

Focus: Teenage Relationship Abuse

Abuse in teenage relationships is when you begin to feel scared or controlled by the person you are with. You may be confused because it feels like a loving relationship but often only when you behave in a certain way. This can happen at any age, regardless of gender.

Do you know?

- One in five young men and one in ten young women think that abuse or violence against women is acceptable.
- Nearly 75% of girls have reported some sort of emotional partner violence.

Signs of relationship abuse — your partner:

- shows extreme jealousy,
- anger displays controlling behaviour e.g. telling you where you can go and what you can wear
- online abuse: threatening to post personal pictures or information about you
- controls your finances
- says things that make you feel small or stupid
- snooping: reading emails, messages and social media and monitors your calls
- sexual abuse: makes you do something sexual when you don't want to
- blames you for their problems or feelings
- is verbally abusive
- uses threatening behaviour
- uses physical violence towards you such as hitting, punching and kicking

WORRIED ABOUT A FAMILY MEMBER OR FRIEND? Warning signs:

- No longer hanging out with their circle of friends
- Not doing as well at school, or skipping school altogether
- Constantly checking their phone and/ or receiving excessive texts from their boyfriend/girlfriend
- Being withdrawn and quieter than usual
- Being angry and becoming irritable when asked how they're doing
- Dressing differently
- Making excuses for their boyfriend or girlfriend
- Having unexplained scratches or bruises
- Showing changes in mood or personality
- Using drugs or alcohol
- Having a boyfriend/girlfriend who is very possessive and/or jealous
- They tell you their boyfriend/ girlfriend monitors their calls and emails
- You notice their boyfriend/girlfriend believes in rigid sex roles

Abuse helplines

Childline: call 0800 1111

childline.org.uk — sign up to online chat and send messages 9 a.m. to midnight

refuge.org.uk

If it's an emergency, call 999. If you can't speak, listen to the questions and tap or cough to answer. Press 55 to signal an emergency.

REMEMBER IT IS NEVER YOUR FAULT

Speak to a trusted adult at school or your Pastoral Support Manager, Head of Year or Mr Keegan