



# Stay Safe @ Upton

March 2026

## 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- Being withdrawn and quieter than usual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](http://childline.org.uk) — sign up to online chat and send messages 9 a.m. to midnight

[refuge.org.uk](http://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