

# UNHEALTHY



- Controls me and makes me feel unsafe
- Physically, mentally and emotionally abusive towards me
- Lowers my self-esteem,
- Makes me feel guilty if I don't do what they want
- Tries to isolate me from my friends and family,
- Gives me things but expects me to perform sexual activities in return



Talk to an adult you trust

**CEOP** - [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Police** - call 999

# HEALTHY



supported by  
NHS England

- Respects and trusts me
- Accepts me for who I am
- Is kind and makes me feel safe
- Listens to me, tells the truth and is supportive
- Doesn't expect anything in return
- Allows me to be my own person and have my own space



Talk to an adult you trust

**Missing People**

call 116 000

**PASS  
IT ON**