



ENOUGH!!



A support
service for
13-19 year
olds.

Empowering young women,
encouraging healthy relationships





ENOUGH!!

**Are you worried about your relationship?
Concerned about the behaviours of someone you're dating?**

You might feel like they have too much to say over some aspects of your life. You don't have to be living together to be experiencing abuse. Abuse in teenage relationships is when you begin to feel controlled or scared of someone.

It can be hard to know if a relationship is unhealthy. We often think of abuse as violence, but this is only one part of an abusive relationship. Unhealthy teen relationships can involve much more than physical violence. It can be subtle and hard to recognise.



Some examples of relationship **red flags!!**

Controlled

- ▶ I need to ask for permission to do things
- ▶ They are violent towards others
- ▶ Takes or hides my money
- ▶ My friends are worried about me
- ▶ They control my phone and messages
- ▶ They decide most things for me

Feeling Threatened or Acts of Violence

- ▶ Makes you feel on edge
- ▶ Loses temper often
- ▶ Follows me or turns up unannounced
- ▶ Makes me worried about what they might do to themselves
- ▶ They break and damage things
- ▶ Push, squeeze, punch, chokes or hits me

Sexual Abuse

- ▶ Pays for things / gives me gifts with expectations
- ▶ Traps me into sending images
- ▶ Shares private pictures or videos of me
- ▶ Removes the condom during sex
- ▶ Pushes me into doing things I don't like
- ▶ Gave me drugs or alcohol
- ▶ Lied about their age at first
- ▶ Tells me its normal and no one will believe me

Being Blamed or Gaslighted

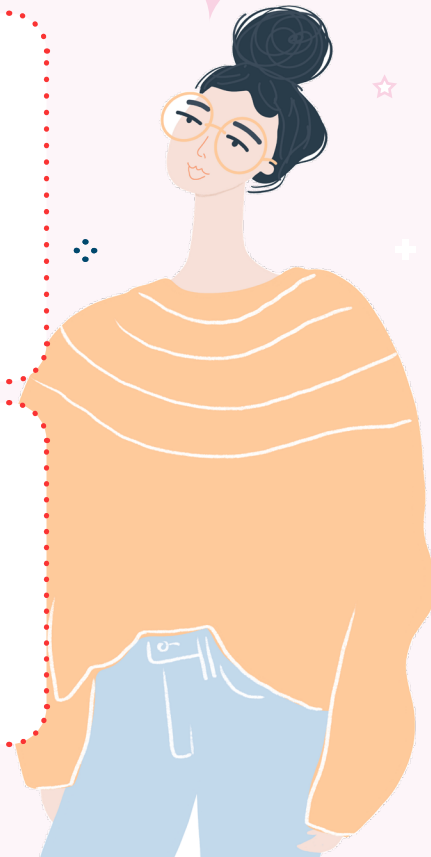
- ▶ Makes me feel so crazy, I don't know what is true (gaslighting)
- ▶ Always gives me excuses for bad behaviour
- ▶ It's always me that has to apologise
- ▶ Tells me they are ashamed of me
- ▶ Says I've been with someone else

online Abuse

- ▶ Controls what I do online
- ▶ Constantly sends me messages and calls
- ▶ Tracks my accounts or phone
- ▶ Shares things about me online to hurt me
- ▶ Uses my passwords to access my accounts

Enough!!

We are here to talk through how you are feeling and support you.



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encouraging healthy relationships

If you are worried about a
relationship we are here to help

Get in touch!

📞 0141 553 2022 | 📱 @enoughbyGWA

🏠 GWA, 30 Bell St, Glasgow G1 1LG

GWA have been supporting women children and young people who have experienced domestic abuse for over 45 years. We are committed to the eradication of violence towards women and girls. We support inclusion throughout.

