Resources for discussing healthy relationships and challenging abusive behaviour
www.idas.org.uk/healthyrelationships
WHAT IS RELATIONSHIP ABUSE?

Abuse is not normal and never ok. If you are in a relationship with someone, you should feel loved, safe, respected and free to be yourself. There are different forms of abuse, which you can find out about [here](#), but if your relationship leaves you feeling scared, intimidated or controlled, it’s possible you’re in an abusive relationship. [Find out more about the issue](#), have your say and [seek help here](#).

SEX WITH SOMEONE WHO DOESN'T WANT TO IS RAPE

www.thisisabuse.direct.gov.uk
Consent and Consequences
When it comes to sex, what do consent and consequences mean? Find out in the Consent and Consequences game
This YP added their own wishes.
You are in: Young People

Women's Aid have created this space to help young people understand domestic abuse, and how to take positive action if it's happening to you.

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**teenSPEAK - have your say**

We have been inviting young people across the country to put their questions and suggestions about domestic violence to the most influential people in government, schools, the police and social services. We've recorded their answers and have been posting the films [here](#) from the 1st November where you can post back any comments you might have.

Find out more about the project and watch all the videos

Or watch the latest video covering your questions about domestic violence and what we can do now below, and post your comments on our [Youtube channel](#).

www.thehideout.org.uk
EXPECT RESPECT
A TOOLKIT FOR ADDRESSING TEENAGE RELATIONSHIP ABUSE IN KEY STAGES 3, 4 AND 5

www.womensaid.org.uk
Expect Respect activity - Supportive/depends/abusive
Is This Abuse?

Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn’t mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

Warning Signs of Abuse

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction.

www.loveisrespect.org
Power and Control Wheel

We invite teens and anyone in a position to lead a discussion with them – teachers, service providers, mentors – to use our Power & Control Wheel below. Each spoke contains examples and a video demonstrating one of the forms of abuse. Try asking yourself (or your group) what would be the best way to handle each of the situations portrayed, then check out our tips.

using social status

• Treating her/him like a servant
  • Making all the decisions
• Acting like the “master of the castle”
  • Being the one to define men’s and women’s roles

www.loveisrespect.org
### A-Z Healthy/Unhealthy Relationships

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<th>HEALTHY</th>
<th>UNHEALTHY RELATIONSHIP</th>
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<td>Being up/blaming</td>
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<td>Z-cars (police)</td>
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- #unhealthy: Aggression/abusing, Being up/blaming, Control, Emotional, Fighting, Gashed (violence), Harrasment, Intimidation, Jealous, Kiaking, Lying, Money, Nasty/insult, Overcast, Physical, Questioned, Respectful, Sexual violence, Threatening, Unacceptable, Violence, Worry, X-rays, Yelling, Z-cars (police)
Respect is the UK membership organisation for work with domestic violence perpetrators, male victims and young people

DOMESTIC VIOLENCE PERPETRATORS

Keeping victims safe by working with perpetrators

- Specialist Domestic Violence Prevention Services: Respect supports a network of specialist DVPSs which work with the cause of the problem, the perpetrator.
- Quality control: The Respect Standard sets out all the requirements to become accredited.
- The Respect Helpline: We run the UK helpline for perpetrators.

MALE VICTIMS

Domestic violence affects men too

- Men’s Advice Line: Respect runs the UK helpline for male victims of domestic violence (in heterosexual or same-sex relationships).
- Toolkit for work with male victims of domestic violence: This comprehensive resource supports frontline workers to respond better to men who are experiencing domestic violence.
- Training on working with male victims of domestic violence

YOUNG PEOPLE

Supporting young people

- Respect’s Young People’s Service: develops interventions with young people aged 10 - 25 years who use violence and abuse in close relationships.
- Teen Relationship Abuse: The RYPS toolkit is a comprehensive resource for those working with young people using violence against partners, ex-partners or family members.
- Adolescent to Parent Violence: Our Respect Young People’s Service develops interventions with young people aged 10 - 25 years who use violence and abuse in close relationships.

http://respect.uk.net/
Rational emotive behavior therapy (REBT)—a form of cognitive behavioral therapy—requires clients to evaluate their beliefs and change their unhealthy emotions and behaviors. REBT is based off of the ABC model which helps clients understand how a situation can result in a number of different thoughts, feelings, and behaviors. Understanding the ABC model is the first step to making change...

Related tools: ABC Model for REBT

Watch Video

Self Esteem for Teens
Help your child feel happier & achieve more. Leading UK

Featured Worksheet: Self-Esteem Journal

www.therapistaid.com
Information about MARACs

Multi-Agency Risk Assessment Conferences (MARACs) are regular local meetings where information about high risk domestic abuse victims (those at risk of murder or serious harm) is shared between local agencies. By bringing all agencies together at a MARAC, and ensuring that whenever possible the voice of the victim is represented by the IDVA, a risk focused, co-ordinated safety plan can be drawn up to support the victim. There are currently over 270 MARACs operating across England, Wales, Scotland and Northern Ireland managing more than 64,000 cases a year.

MARAC Development Programme

What is the MARAC Development Programme?
On 1 July 2012, our MARAC Development Programme was launched nationally with MARAC Development Officers covering England and Wales. The programme provides support and resources to help MARACs improve their effectiveness at a local, regional and national level, and has been funded by the Home Office until 2015.

Practical support for MARACs and frontline professionals

Resources

*Please note: our MARAC Co-ordinator forums are currently offline due to technical issues. Please watch this space for further updates.*

*UPDATED* Latest practice resources
Access the CAADA-DASH Risk Identification Checklist, toolkits, templates and other guidance.

Latest video resources
CAADA has created a series of videos for people who want to find out more about the MARAC process.
Angie Ruston – Children’s Advocate
angie@idas.org.uk

Kim Naylor-Vane – Children and Young People’s Support
kim@idas.org.uk

Helpline number for victims and professionals
03000 110 110
www.idas.org.uk