

## R U treated right?



"It was fun at the time but now I worry what's going 2 happen with the pics of me"



### WHAT NOW?

you've sent a pic or a text and you're worried about what could happen...



Ask them to delete the message from their phone or inbox.

Talk to a trusted adult or contact a counsellor to work out what you can do.

What if you get sent a sexy pic of someone?

### SHOULD YOU FORWARD IT ON TO OTHERS?

**NO!** It's **not** ok to forward on an image of someone else if they don't know about it and don't agree to it. It **can be embarrassing & hurtful** for the person in the photo. If a friend sends you a pic like this, tell them it's **not cool**.



### IS IT LOVE?

"She gets upset if I want to see my friends. When we're out she'll get angry if she thinks I'm flirting."

She checks my texts and messages to make sure I'm not. She says it's because she loves me. Sam

Jealousy might seem like a sign of love. But when someone uses anger or jealousy to try to control what you do, or acts like they 'own' you, this isn't love – it's control.

You've got a right to talk to anyone you want.

Turn over & do the QUIZ. It'll help you decide **Am I being treated right?**

## Relationship QUIZ

Are you being treated right?

Be honest when you tick the box.



### My boyfriend or girlfriend

- |                                                                                                |                                                                                      |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> Seems to like me as a person                                          | <input type="checkbox"/> Often puts me down or criticises me                         |
| <input type="checkbox"/> Won't let me talk to other guys/girls                                 | <input type="checkbox"/> Tries to work out fights by compromising or talking         |
| <input type="checkbox"/> Respects my feelings, opinions & beliefs                              | <input type="checkbox"/> Sometimes scares or hurts me by being aggressive or violent |
| <input type="checkbox"/> Doesn't want me to spend time with my friends or family               | <input type="checkbox"/> Might try to hurt me or themselves if I wanted to break up  |
| <input type="checkbox"/> Makes me feel like I have to watch what I do or say                   | <input type="checkbox"/> Reads my texts, messages or diary without my permission     |
| <input type="checkbox"/> Is ok if I say no to something (including sex or watching porn)       |                                                                                      |
| <input type="checkbox"/> Keeps tabs on me by constantly calling and checking on what I'm doing |                                                                                      |
| <input type="checkbox"/> Is happy for me to make my own decisions about my life                |                                                                                      |

The purple statements are signs of love and respect. If you are being treated right, you should have ticked all of these. If you have ticked any answers in black, then there are signs that you are not being treated right.