You deserve this

Healthy relationships are not disrespectful, dishonest, controlling or pressuring. If you are worried about your relationship or if you want more information on healthy relationships

www.idas.org.uk/healthyrelationships
You don’t deserve this

Healthy relationships are respectful, honest, trusting and supportive. If you are worried about your relationship or if you want more information on healthy relationships

www.idas.org.uk/healthyrelationships
Healthy relationships are not disrespectful, controlling, manipulative or pressuring. If you are worried about your relationship or if you want more information on healthy relationships, visit www.idas.org.uk/healthyrelationships.

Feeling controlled?
Does your partner check up on you all the time?
Feeling pressured?

Is your boyfriend making unfair sexual demands?

Healthy relationships are not disrespectful, pressuring, controlling or intimidating. If you are worried about your relationship or if you want more information on healthy relationships

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