

# areyouok?

ask the question - make a difference

Telling you how stupid you are means they don't RESPECT you

Not allowing you to go anywhere unless they say so shows they don't TRUST you

Forcing you to do something you're not comfortable with is not getting your CONSENT

No matter who 'they' are, a healthy relationship will always be based on

**RESPECT, TRUST, CONSENT**

**If your's isn't, visit [www.areyouok.co.uk](http://www.areyouok.co.uk)**

You can also contact: Young Person Violence Advisor - 01803 208398

Devon Rape Crisis Service, Young Person Counsellor - 01392 204174

Torbay Domestic Abuse Service - 01803 698869

Sexual Assault Referral Centre - 01392 436967