

areyouok?

ask the question - make a difference

A healthy relationship is a
two way street built on

RESPECT, TRUST, CONSENT

It's never OK for anyone to
hurt your body or your mind

Not sure your relationship is healthy? Feel like they're messing with your head? Take our quiz

www.areyouok.co.uk/teenquiz

Want to talk to someone in confidence?

- **Young Person Violence Advisor - 01803 208398**
- **Devon Rape Crisis Service - 01392 204174**
- **Torbay Domestic Abuse Service - 01803 698869**
- **Sexual Assault Referral Centre - 01392 436967**

Find info, advice and help at:

www.areyouok.co.uk

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