

Safeguarding Bulletin

Hugh Baird
COLLEGE 



Appropriate Relationships

Knowing what a good relationship is and what a bad relationship is can be hard to determine. There are some really useful websites which can offer practical advice for young people facing these issues. Try visiting:

www.childline.org.uk

www.brook.org.uk

ChildLine recognises that 'Having a boyfriend or girlfriend can be really exciting. It could be fun getting to know someone but it can be confusing too. It's important to stay safe especially if you're worried or feel a relationship may be going wrong.'

The Brook website features lots of relationship information from sex and intimacy to communication and affection. The truth is everyone's relationship is different and you have to find what suits you, however there are certain warning signs that you should be aware of so that you can recognise the signs of relationship abuse. It's important to remember that these signs don't always need to be physical violence, emotional and psychological harm can also be abusive. It also important to think of relationships in a broader sense than boyfriend/girlfriend. You have relationships with your parents, siblings and friends to name a few.

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Physical abuse can make you feel:

Frightened and anxious
depressed and sad
lonely and isolated
worthless with low self-esteem
unable to eat normally
unable to sleep properly
numb or like you've been cut off from your feelings
unable to concentrate at school or college
guilty and worried that it is your fault (it isn't)

What is sexual abuse?

Sexual abuse is when you are:

- Being touched in a way you don't like without giving permission or consent.
- Being forced to have sex (intercourse).
- Being forced to look at sexual pictures or videos.
- Being made or forced to do something sexual.
- Being made to watch someone do something sexual. This can include someone flashing or exposing themselves to you and can also happen online

Emotional abuse is when someone:

- calls you names or keeps shouting at you, even if you haven't done anything wrong
- puts you down or says you aren't good enough
- ignores you or leaves you out of things
- says or does things that make you feel bad about yourself
- pushes you away or makes you feel like you don't belong in the family
- tries to control you or push you too hard
- puts you in dangerous situations
- is aggressive and violent to other people in your family and you keep witnessing it
- stops you from having friends.

Please remember if you have concerns regarding your own wellbeing or the wellbeing of another student then 'push the button!'