

## *Act Now: Safeguarding Newsletter*

# Positive Relationships

Everyone has a right to have positive relationships whether that is with friends, girlfriends or boyfriends. Some relationships are abusive.

In this newsletter we want to give you some things to think about so that in your school/college you can help people to recognise what a positive relationship is, to recognise what an abusive relationship is and to know where to get help if it is needed

### **Signs of a healthy relationship:**

- Both people are equal
- You talk about things, listen to the other person's point of view and resolve differences; sometimes this will mean you compromise and sometimes the other person compromises
- You feel and are safe with them
- They make you happy

### **Relationship Abuse**

#### **What might you notice about someone who is in a negative relationship?**

- They start to dress differently
- They stop mixing with other friends; they isolate themselves
- Changes in mood and personality
- Frequent texts and calls from friend / boyfriend / girlfriend
- Depression
- Physical signs of injury / illness
- Use of drugs / alcohol (where there was no prior use)
- Self-harm

#### **What are some of the signs that a relationship isn't right:**

- One person has all the power
- They control what their partner wears, their friends, where they allow them to go, what they allow them to do etc.
- They make their partner feel guilty  
They put pressure on their partner to have sex
- They put their partner down and call them names



## Where can people get help?

- Speak to someone you trust in school or at home: a member of staff/ a friend/ relative.  
Remember- **YOU ARE NOT ALONE**
- Contact Cheshire Domestic Abuse Hub  
**CALL: 0300 123 5101**  
**EMAIL: [cedah@cheshireeast.gcsx.gov.uk](mailto:cedah@cheshireeast.gcsx.gov.uk)**
- Disrespect Nobody is a website for young people looking at different types of relationship abuse. It can be accessed at [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)
- Cheshire East's "Act on it - Act Now" website  
<http://www.actonitnow.co.uk>



**HELP IS HERE**

## What can you do as Safeguarding Champions?

- Deliver an assembly
- Check that positive relationships are taught as part of the curriculum
- Make sure people know where to get help
- Prepare a PowerPoint to show on the screen in the school entrance (if you have one)
- Find a way to let parents know
- Spread the message that it is a good friend that seeks help for someone that they are worried about

## Let us know what you do!

We really want to know what you do so please share your photos/PowerPoints/ ideas so that we can let other schools know; share your great ideas to inspire others

Share  
ideas  
Start  
something  
good

we also want to hear about the difference your work makes....does it help someone get the support they

Let us know e mail:

[sciesteameast@cheshireeast.gov.uk](mailto:sciesteameast@cheshireeast.gov.uk)