

# Does your boyfriend or girlfriend put you down?

Do they stop you seeing your friends?

Do they demand access to your phone?

Do they check up on you?

Do they make you do stuff you don't want to do?

Do they blame you for the stuff they do wrong?

Do they make you feel uncomfortable?

Do they use you for stuff?

If they do any of that, this leaflet might help you out!



LOVE ME  
BACK

## What's going on in my relationship?

If you've answered yes to any of the questions on the front of this leaflet, your boyfriend or girlfriend is treating you in ways that are hurtful and are probably leaving you feeling controlled or like your life is out of your control. It's not ok for them to do that. Even if they really love you and want to be with you, it's still not okay for them to treat you like that.

## How can you help me?

There's other people who have been through similar stuff and there's a group you can join to chat about what's going on for you. Also, you can contact us even if you don't want to be part of a group just to ask for help and advice with what's going on.

## It's my friend who's struggling

You may have a friend (or family member) who's in a relationship with someone who is treating them in the ways described on the front of this leaflet. If you do, we can help! The groups we run might help you to understand more about what's going on with the person you care about and give you some ideas for how to help and support them.



## How do I get help?

To choose to get help is a really brave step to take, it's great that you're thinking of getting in touch. You can contact us using the information on the back of this leaflet.

## I'm not ready to get help

That's ok! If you want to get in touch with us at a later date, just keep our details safe. You might want to save them on your phone contacts under a random name .....

## What can I expect to happen?

In the groups, we watch video clips and listen to songs and relationships. We discuss the different ways someone might behave in ways that hurt us and work out how to deal with that. The groups last about an hour and if you contact us you can ask us more about them.





LOVE MYSELF



## DAY Programme

Courses are running across the borough at various locations in Bexley.

Email [DAY@bexley.gov.uk](mailto:DAY@bexley.gov.uk) for further information or visit [www.bexleydomesticabuseservices.org.uk](http://www.bexleydomesticabuseservices.org.uk)

Courses are for a period of 10 weeks for 1 hour and are suitable for everyone between 14 and 24 years of age.



If you would like the information in this document in a different format, please call 020 8303 7777 and ask for Communications/Graphics. The reference to quote is: 607897/10.21