

A GOOD PARTNER IS...



A partner should never be...

- | | | | |
|-------------|-------------|---------------|-----------|
| violent | abusive | dominating | mean |
| frightening | controlling | scary | hurtful |
| harmful | one-sided | disrespectful | upsetting |

There are different forms of abuse, including verbal, physical, sexual and emotional.

If you are in an abusive relationship, or are worried about a friend/family member who is in an abusive relationship, you can:

- Visit safer.scot or call **0800 027 1234** for further info about domestic abuse and how to get support.
- Call **101** if you wish to report domestic abuse and are not in immediate danger. You can also visit www.scotland.police.uk for info about the Domestic Abuse Disclosure Scheme, or to report domestic abuse via the online Domestic Abuse Form.
- Call **999** if you believe you are in immediate danger and require an emergency police response.

This poster was made by Nairn Academy S3 students.
For support around sexual health & relationships, visit
www.wavehighland.com

Wave is provided by Waverley Care (Scottish Charity No: SC036500)

