

# A GOOD RELATIONSHIP IS...

When you understand the person  
mutual respect  
When you are not abused...

Fair  
enjoyable  
Fun to be in

Supportive

Empowering

Consensual

Balanced and honest.  
Not controlling

Healthy  
Caring  
Equal

fun  
Strong bond of trust.

Commitment

Being there for each other.

Communication

SUPPORTING EACH OTHER

LOVING

HAPPY  
respectful

Consent

A relationship 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](http://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](http://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](http://www.wavehighland.com)

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



Keeping people safe  
POILEAS ALBA

