** Romantic relationships**

**Look at the list of statement below.**

* **Highlight the statements that you think would make a good, healthy relationship?**
* **Highlight the statements that you think might cause a problem in a relationship?**

My partner makes time to listen to me.

My partner makes me have sex even when I don’t want to.

My partner respects my decisions.

My partner hurts me.

My family approve of my partner.

My partner is always insulting me.

I can trust my partner.

I think my partner is sleeping with other people.

My partner only buys me gifts when they want something from me.

My partner has a good sense of humor.

My partner cares about me.

My partner listens respectfully to me.

I am scared of my partner.

My partner is attractive.

My partner makes me feel good about myself.

My friends do not get along with my partner.

My partner talks openly to me.

My partner makes me pay for everything.

My partner asks me to do things that I do not feel comfortable with.

I feel respected in our relationship.

My family do not trust my partner.

I like having sex with my partner.

My partner makes me feel stupid.

My partner does not let me see my friends.

**Now look again at the statements. Which are true for your relationship? Have you labelled any of these as problematic? Write these in the space below.**

**RESOURCES**

Every relationship is different and what makes a good partner will be different for each person. However, there are some key signs that there might be a problem in the relationship:

* **My partner makes me pay for everything.**

It might be useful to think about why this is happening. It could be that your partner is short on money at this time and you are just helping them out for a little while. However, usually, it is good for couples to both contribute towards payments. This can help the relationship feel fairer and prevent one person from feeling resentful.

* **I think my partner is sleeping with other people.**

Is this something that you are happy with? As we said, every relationship is different and some couples are happy with this set up. However, sleeping with other people whilst in a relationship can lead to hurt and jealousy. If you are not comfortable with this then it might be time to talk to your partner and tell them how you are feeling.

* **My family do not trust my partner. My friends do not get along with my partner.**

Do you know why they do not trust them? If you have a good relationship with your family/friends then it might help to talk to them and ask them what it is they don’t trust about your partner. Our families and friends are not always right but sometimes they can see things in our relationships that we cannot when we are involved in them.

* **My partner does not let me see my friends.**

A healthy relationship allows both partners to have some degree of freedom. If one partner is controlling the other this can be damaging. If you feel comfortable, it might help to talk to your partner about why they are not letting you see your friends.

* **My partner makes me have sex even when I don’t want to.**

Sex should always be consensual. You should never be forced to have sex against your will- this is a form of abuse. It is very serious and it is breaking the law. Most importantly- it is not your fault! If you are worried about this, you can find more support here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/>

* **I am scared of my partner.**

It might be useful to think about why you are scared of them. It could also help to reach out to someone you trust (friend or family member) and tell them how you are feeling. If you feel that you are in danger then see the link below on getting support in an abusive relationship.

* **My partner hurts me. My partner is always insulting me. My partner makes me feel stupid.**

Romantic relationships should build you up, not make you feel worse about yourself. If your partner is hurting you (physically, emotionally or sexually) then this is likely to be abuse. It is important to know that abuse is never your fault. For more information and support you could look here: <https://www.brook.org.uk/your-life/abuse-getting-help/>