

HEALTHY RELATIONSHIPS AT UNI

16-24 year-olds are the group most likely to experience relationship abuse*, but those affected may not recognise what they are experiencing - or doing - as abuse.

There are many types of unhealthy behaviours that can occur in relationships, both physical and non-physical. These can happen with someone you are in a relationship with or with someone else.

Do you recognise any of these behaviours in your relationships and experiences?

- Silent treatment
- Putdowns
- Constant messaging
- Sharing nudes
- Love bombing
- Gaslighting
- Stalking
- Harassment
- Spiking
- Rape
- Assault
- Control
- Pressure
- Coercion
- Isolation
- Manipulation
- Blackmail
- Ghosting



Please sign up for updates and let us know if you're interested in workshops, resources or other support.
jwa.org.uk/young-adults-youth-professionals

GET INVOLVED

There are lots of ways to get involved in our prevention programme for Jewish students:

- ◊ Become a Student Ambassador for Jewish Women's Aid
- ◊ Invite us to join events and provide training on Sexual Violence, Healthy Relationships & Consent
- ◊ Request free posters, leaflets and other resources

To find out more, contact our Youth Engagement Worker, Amy, on 07928 592 392 or amy@jwa.org.uk

GET SUPPORT



JEWISH
WOMEN'S
AID

JEWISH WOMEN'S AID

We offer a confidential Young Women's Support Service for Jewish women and girls aged 16 plus. This can include counselling, advice and emotional support.

advice@jwa.org.uk
jwa.org.uk/webchat
0808 801 0500

Respect

Men's advice line

RESPECT MEN'S ADVICE LINE

Confidential helpline for male victims of domestic abuse.

info@mensadvice.org.uk
0808 801 0327
mensadvice.org.uk



GALOP

Confidential information and support for LGBT+ people experiencing domestic abuse.

0800 9995428
help@galop.org.uk
galop.org.uk