

# areyouok?

ask the question - make a difference

Telling you how stupid you are  
means they don't RESPECT you

Not allowing you to go anywhere unless  
they say so shows they don't TRUST you

Forcing you to do something you're not  
comfortable with is not getting your CONSENT

No matter who 'they' are, a healthy  
relationship will always be based on

**RESPECT, TRUST, CONSENT**

If your's isn't, visit [www.areyouok.co.uk](http://www.areyouok.co.uk)

You can also contact:  
Young Person Violence Advisor  
01803 208398

Devon Rape Crisis Service, Young Person Counsellor  
01392 204174

Torbay Domestic Abuse Service  
01803 698869

Sexual Assault Referral Centre  
01392 436967