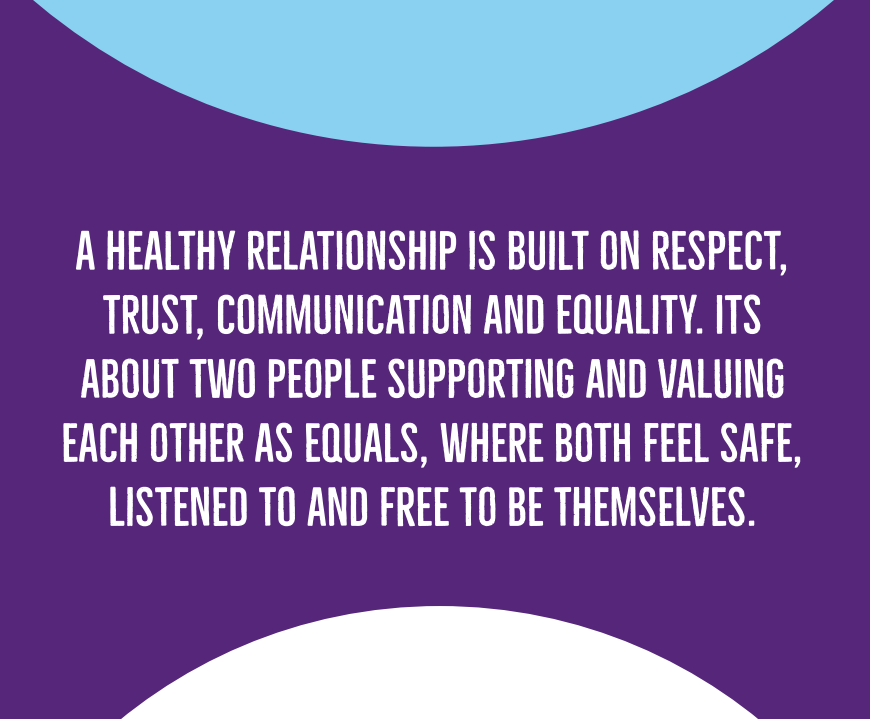




BRAVE BELFAST
CAILÍNÍ



**A HEALTHY RELATIONSHIP IS BUILT ON RESPECT,
TRUST, COMMUNICATION AND EQUALITY. ITS
ABOUT TWO PEOPLE SUPPORTING AND VALUING
EACH OTHER AS EQUALS, WHERE BOTH FEEL SAFE,
LISTENED TO AND FREE TO BE THEMSELVES.**

HEALTHY RELATIONSHIPS - WHETHER WITH A PARTNER, FRIEND OR FAMILY MEMBER - MAKE YOU FEEL RESPECTED AND CARED FOR, NOT CONTROLLED OR AFRAID. THEY ALLOW YOU TO GROW AS A PERSON AND FEEL CONFIDENT IN WHO YOU ARE.

**BEING A GIRL'S GIRL MEANS SUPPORTING
OTHER GIRLS AND YOUNG WOMEN AND HELPING
THEM TO UNDERSTAND WHAT IS AND ISN'T A
HEALTHY RELATIONSHIP.**

Test your knowledge with our 'Red Flag or Green Flag' quiz and learn about which behaviours are healthy and unhealthy.



Q1



**THEY RESPECT YOU WILL SPEND TIME WITH
OTHER PEOPLE WITHOUT THEM**



Red Flag

or



Green Flag



GREEN FLAG

It is healthy to have friendships separate from one another and remember that friendship groups can also mix from time to time. Having separate friends can benefit you and your partner by feeling independent, having social support, and feeling secure and respected.

Q2

**THEY CRITICISE YOUR INTERESTS
AND HOBBIES**

Red Flag

or

Green Flag

RED FLAG

Having different hobbies and interests from your partner is normal, however, they should respect and encourage you even if they do not share the same interests. If they constantly criticise you, belittle you, and make you feel stupid - this could be a sign of emotional abuse. This is not healthy, and you should reach out to a trusted person (adult preferably) for help.

Q3

**THEY ARE KIND AND HELP
OTHER PEOPLE**

Red Flag

or

Green Flag

GREEN FLAG

How someone treats others could suggest how they would treat you in a relationship, and displaying acts of kindness and consideration are desirable traits in a partner. Whether they help a neighbour carry their shopping bags, hold the door open for a stranger, or make sure a female friend gets home safely - kindness matters.



Q4



**THEY DISCOURAGE YOU FROM SEEING
YOUR FRIENDS**



Red Flag

or



Green Flag



RED FLAG

If someone tries to make you feel guilty for spending time with your friends, this is unhealthy. They might be trying to isolate you from others and monitor your behaviour, which is a sign of extreme jealousy and possessive behaviour. If someone actively stops you from seeing your friends, this is controlling and could be a sign of emotional abuse.

Q5

**THEY CELEBRATE YOUR ACHIEVEMENTS
WITH YOU**

Red Flag

or

Green Flag

GREEN FLAG

A partner should encourage and support you in your successes, no matter how big or small the achievement might be. It shows that they respect and appreciate you, and can help build a strong, healthy relationship. It's a way to show that a partner values and trusts you and shares in your joy.



Q6



**THEY HELP YOU RECOGNISE YOUR OWN
STRENGTHS AND CONFIDENCE**



Red Flag

or



Green Flag



GREEN FLAG

A healthy relationship should make you feel more confident, secure, and respected. It is important to feel confident in yourself, and a partner should support you in building your confidence and recognise your own strengths too. Confidence can encourage better communication in relationships and strengthen the bond between you and your partner.

Q7

**THEY PRESSURE YOU TO DO SOMETHING
YOU DON'T WANT TO DO**

Red Flag

or

Green Flag

RED FLAG

If someone pressures you to participate in activities you don't feel ready for or uncomfortable with and gets annoyed with you if you say no, this is unhealthy behaviour. You should both respect each other's boundaries and not put pressure on someone to act or behave in certain ways.

If you are worried about something you have experienced or worried about a friend, its important to ask for help. Speak with a trusted adult or contact one of the services below:

CHILDLINE

(24/7) - 0800 1111 | www.childline.org.uk

LIFELINE

(24/7) - 0808 808 8000

COMMON YOUTH

www.commonyouth.com

RELATE NI TEEN COUNSELLING

www.relateni.org

TO FIND OUT MORE ABOUT
THE CAMPAIGN VISIT



www.footprintswomenscentre.org/bravebelfastcailini

or scan the QR code