



# UNHEALTHY RELATIONSHIPS



# OUR CAMPAIGN



#RAISEAFLAG

JUDGED

BELITTLE PRESSURE

MANIPULATIVE

VIOLENCE

GUILT

LIES

THREATS

FEAR

ISOLATION

If you need to raise a red flag visit...

[hampshire-pcc.gov.uk/flag](http://hampshire-pcc.gov.uk/flag)





#RAISEAFLAG

TRUST  
COMMUNICATION  
RESPECT  
SUPPORT  
LOYAL  
HONESTY  
AFFECTION  
COMPROMISE  
LOVE  
SAFE

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# Workshops



**Eight workshops** were held with **131 young people**

## **Havant cadets:**

*“The lesson went well, the cadets were asking lots of questions. They even had a mini debate. The cadets enjoyed the session as it was interactive and they came away thinking about what is a positive relationship. Today was their last session before school holidays and cadets voted the raise a flag workshop the best session of the summer term”.*





# Unhealthy Relationships - World Cup Campaign

Don't get cornered by an unhealthy relationship

# #RAISEAFLAG



# Beer Mats







# Outcomes and Total Reach

The Total News reach between March 2018 and the end of July 2018 for Raise a Flag was...

**9.30 million**

from

**63 individual news items**



Between December 2017 and September 2018 there were...



**1,209 visits** to the **Raise a Flag pages**  
on the **PCC website**.

The average time spent on the pages was over  
three and a half minutes.

This **view time is 152% longer than**  
**the website average**.



# What young people said:



**I had an extremely manipulative ex-boyfriend but did not realise until the relationship ended. I did not recognise the signs**

**I have friends who are very controlling and manipulative. I would consider this emotionally unhealthy**

**I think it is very important to address unhealthy relationships - especially because it can link in with mental health if a bad relationship causes you anxiety and affects your uni work. It is so important for young people to have support**

**This is the most important because I was in one for 15 months and did not get any help because I was scared and embarrassed**

**I have been in an unhealthy relationship before and it lasted 6 months. I was trapped. If I left them I would be shamed and all my secrets would be leaked but if I stayed I would never be happy**

**If you don't have a healthy relationship with your family - you will have a very unhappy life at home**

**One of my closest friends had an emotionally and sometimes physically abusive boyfriend. It was horrible to see her bouncy and fun personality constrained and controlled by him. She even became physically ill under the stress**



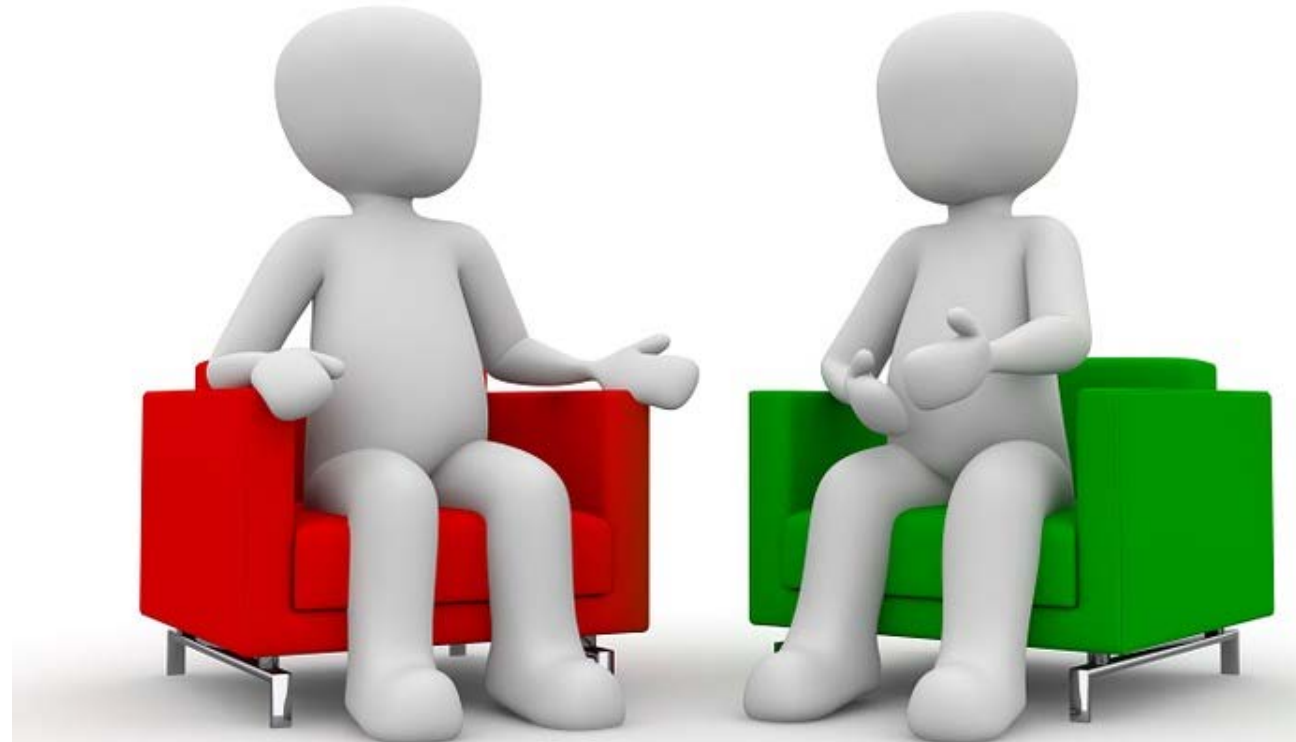
# Unhealthy Relationships Recommendations

From our Big Conversation

# 1) Opportunity to Talk

There should be an obvious and accessible opportunity to talk for the people in an unhealthy relationship.

This can be through online support e.g. helplines, where people would be anonymous if they want to be.





## 2) Spotting the signs

There should be more information available and highlighted on how to spot the signs of an unhealthy relationship and also in recognising the signs in someone else e.g. family and friends.



### 3) Awareness through Education

General awareness and educating young people is a key idea we need to carry forward.

Schools need to give a workshop on unhealthy relationships.

Teachers also need to be educated on how to spot the signs of an unhealthy relationship in young people as well as some police officers in how to correctly handle an unhealthy relationship related situation.



## 4) Updating Services and Sharing Information

Innovate ways of getting information across.

Updating services to be online to provide a degree of anonymity and share methods of communication and campaigns between services.

However, these services also have to be discreet.

