

Is it parental conflict or an unhealthy relationship?

Over time all relationships change through a number of relationship phases. It's important to know when conflict changes from healthy to unhealthy.

The signs of parental conflict in a healthy relationship

My partner respects me when I say no or disagree



My partner is proud of me when I achieve something



My partner doesn't rush our relationship; we can take it slow



My partner can talk about their feelings with me



My partner doesn't cheat on me, and trusts me not to cheat on them



My partner treats me with respect, no matter where we are or who we're with



My partner is comfortable with me spending time away from them, with family and other friends



Get to know the signs of an unhealthy relationship

My partner makes me feel like giving up on my own opinions and believe that my partner is right about everything

My partner does not respect me when I say no or disagree

My partner makes threats and does things just to scare me

My partner cheats on me or accuses me of cheating on them

My partner makes me feel pressured to change who I am or move the relationship further than I want to

My partner makes me feel guilty if I don't spend time with them

My partner wants to know where I am all the time

My partner makes me feel a lot more critical of myself — thinking I am stupid or fat or very lucky to have a partner

There are many ways that you can ask for help and support.

These could include:

- Talk to your partner – tell them how you feel
- Talk to a trusted family member or friend
- Contact the Bromley Children Project (020 8461 7259)
- Contacting Bromley & Croydon Women's Aid (020 8313 9303)
- Call Victim Support (08 08 16 89 111)
- Call the National Domestic Abuse Helpline (0808 2000 247)

Or visit

www.bromleyparentinghub.org.uk/violence

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