



What if I'm not as safe as I think I am?

A Guide to Taking Care of Your Body and
Feelings in Your Relationships



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and Feelings in Your Relationships



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HEALTHY RELATIONSHIPS: FEELING SAFE, RESPECTED, AND CONFIDENT!

A healthy relationship helps you feel more confident and discover who you are, including your sexuality, in a safe and supportive way.

In a healthy relationship, you should feel free to be yourself without fear or pressure. Here's how to tell if your relationship is on the right track:

- » **Consent matters. You can say 'no' and your partner respects that.**
- » **Your desires and feelings are appreciated, not ignored.**
- » **You have control over your body. You choose how to dress, what to show and what to keep private.**
- » **Your partner wants to get to know your friends and family because he/she cares about who you are.**
- » **You treat your partner with kindness and give him/her gifts not out of obligation, but because it makes you happy.**

WHEN TO QUESTION SECURITY IN A RELATIONSHIP:

It is important to pay attention to signs that might make you feel insecure or uncomfortable. Even if things seem fine, there may be warning signs that something is not right.

Ask yourself:

- » Does my partner push me into doing things I don't like?
- » Do I feel nervous about sharing my feelings with him/her?
- » Does my partner try to control what I wear, who I spend time with or where I go?
- » Do I feel guilty or afraid if I do not meet their expectations?

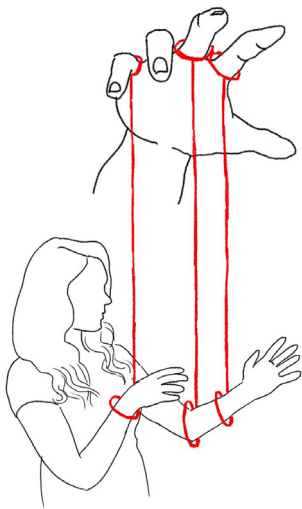
If you answered 'yes' to any of these questions, it is time to reflect on what is healthy for you.

Healthy relationships are empowering. They make you stronger, not smaller. Keep an eye on your safety and never hesitate to ask for help if you need it.

WHAT IS AN UNHEALTHY RELATIONSHIP?

In unhealthy relationships, one person takes advantage of the other, often causing severe emotional, physical and sexual damage.

These situations can make you feel trapped, afraid or dependent on others for validation or material possessions.



SIGNS OF EXPLOITATION IN A RELATIONSHIP

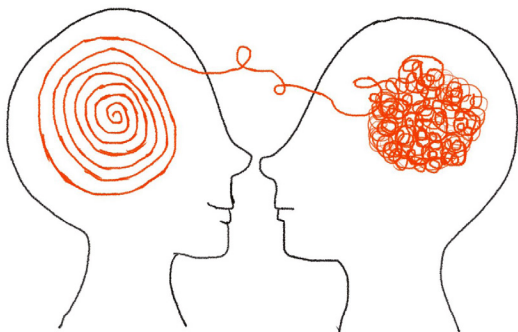
- » **Seduction for material gain:**
Do you feel pressure to seduce people for gifts, money or favours? This is not a healthy way of relating to others and exposes you to the risk of being exploited.
- » **Escort services:**
Providing escort services in clubs or during evenings may seem harmless, but it can lead to dangerous situations where you lose control over your body and your choices.
- » **Emotional manipulation:**
Do you agree to do what your partner wants because you are afraid he/she will leave you? This is emotional manipulation and not true love.



- » **Intimate pictures:**
Be mindful of what you send online. Exchanging intimate pictures in exchange for gifts or attention is dangerous and can have long-lasting consequences on your safety, reputation and emotional health.
- » **Be aware of the type of pictures you post online.**
Certain times, they can make you vulnerable to exploitation, especially if others profit from your image.
- » **Not feeling accepted:**
Do you fulfil the sexual desires of others just to make friends or feel accepted? Healthy friendships and relationships do not require you to compromise your body.

PREVENTION TIPS: HOW TO BUILD AND MAINTAIN SAFE RELATIONSHIPS

- » **Set limits early**
Make sure your partner knows your limits and respects them. Consent matters! Saying 'no' should never lead to guilt or punishment.
- » **Communicate openly**
Talk about your feelings and make sure you both feel heard.
- » **Keep in touch**
Do not isolate yourself from friends or family. Healthy relationships should include your whole social circle, not just one person.
- » **Beware of manipulation**
If your partner tries to make you feel guilty because you do not do things his or her way, it is a sign of unhealthy control.
- » **Respect your body and your feelings**
Your body, your choice. Dress the way you want and never let anyone pressure you into physical activities that you are not comfortable with.

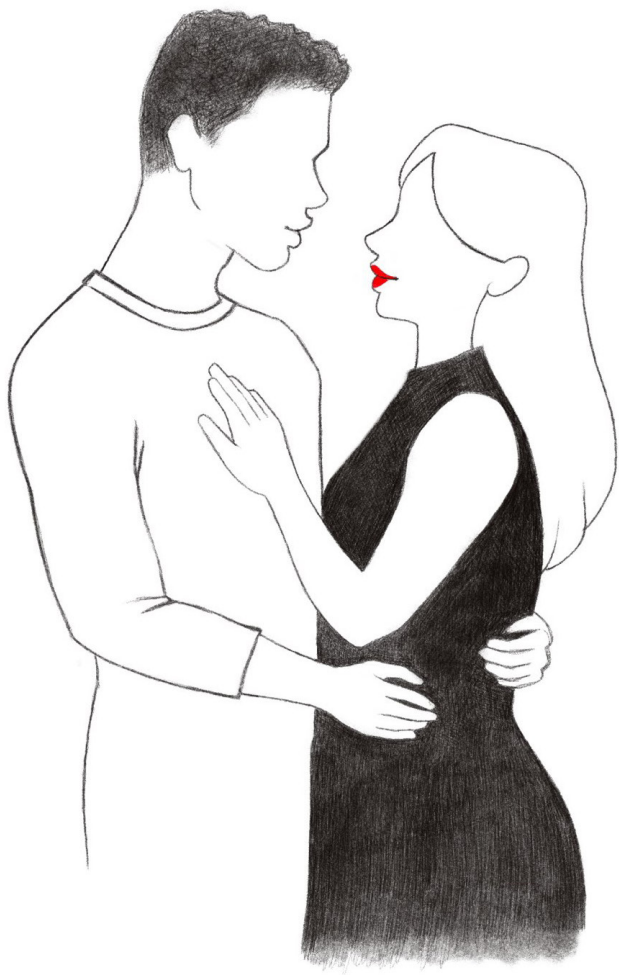


Remember that you deserve a relationship that makes you feel good about yourself.

If something is wrong, trust your instincts. **Talk to someone you trust**, such as a friend, counsellor or teacher, **and ask for help if necessary.**

What if it is too late?

- » **Say no:**
you are never obliged to give yourself for someone else's benefit. If you feel under pressure, speak up and seek help.
- » **Seek support:**
talk to someone you trust, such as a counsellor, teacher or friend. Do not keep these situations to yourself: there is help available.
- » **Know your rights:**
No one has the right to use you or make you feel forced to trade your body for love, money or success. Protect your body and yourself.





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