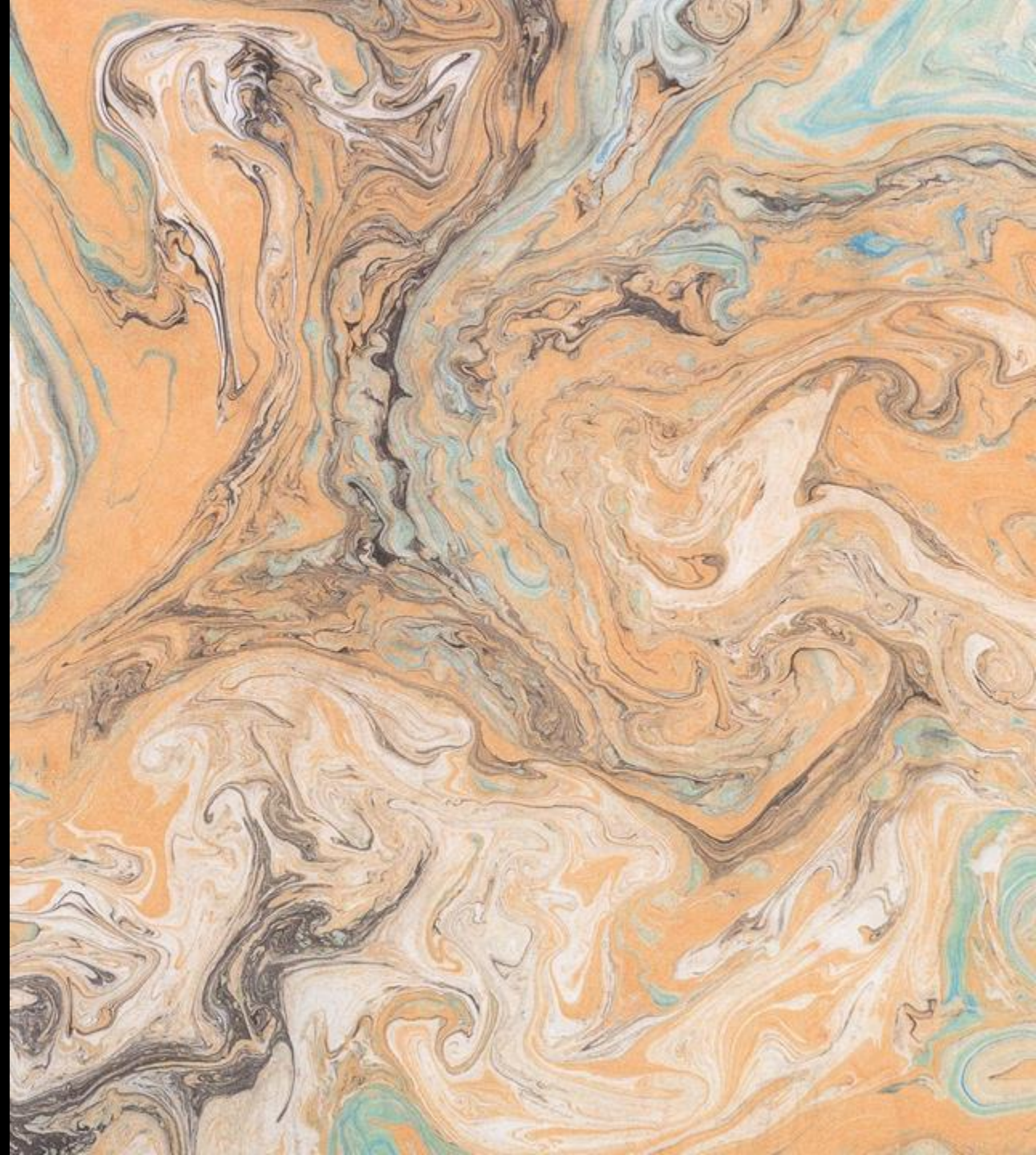
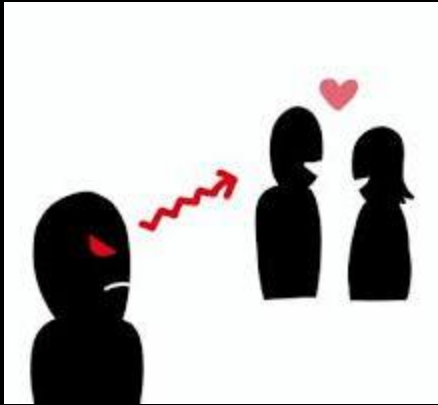


WHAT ABUSE CAN LOOK LIKE

Bullying is a form of abuse



JEALOUSY



The act of being jealous.

It is the feeling of anger, bitterness and resentment which someone has when they think that another person is trying to steal something, whether it is a person, attention, or a possession, away from them.

At first her jealousy only showed in small ways – she didn't mind me talking to other people.

CONTROLLING BEHAVIOUR



Behaviours and actions that seek to control another person.

Controlling behaviour is a range of acts to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for person gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

He chose what I had to wear and I was not allowed to see my friends without him there.

ISOLATION

The state of feeling alone, or without friends.



Being forced to be alone, especially if doing so makes you unhappy. This may happen in varying degrees and often gets worse over time. It includes being separated from friends, family or other normal human interactions, and may include separation from contact with pets and the outside worlds as well as from other people, so that the abuser is the only break in isolation.

I wasn't allowed to leave the house, and never saw my friends. I was utterly isolated when our dog was taken away as well.

IF YOU RECOGNISE THAT
THESE BEHAVIOURS ARE
HAPPENING AND THAT THEY
ARE PART OF BULLYING, THEN
YOU ARE MORE LIKELY TO BE
ABLE TO DO SOMETHING TO
STOP THE ABUSE

SATY SAFE
BE BULLYING AWARE

