

LOVE IS...



Love should never be...

- | | | | |
|-------------|-------------|---------------|-----------|
| violent | abusive | dominating | mean |
| frightening | controlling | scary | hurtful |
| harmful | one-sided | disrespectful | upsetting |

There are different forms of abuse, including verbal, physical, sexual and emotional.

If you are in an abusive relationship, or are worried about a friend/family member who is in an abusive relationship, you can:

- Visit **safer.scot** or call **0800 027 1234** for further info about domestic abuse and how to get support.
- Call **101** if you wish to report domestic abuse and are not in immediate danger. You can also visit **www.scotland.police.uk** for info about the Domestic Abuse Disclosure Scheme, or to report domestic abuse via the online Domestic Abuse Form.
- **Call 999 if you believe you are in immediate danger** and require an emergency police response.

This poster was made by Nairn Academy S3 students.
For support around sexual health & relationships, visit

www.wavehighland.com

Wave is provided by Waverley Care (Scottish Charity No: SC036500)

