

# Safe and healthy relationships



SAFETY, TRUST AND RESPECT  
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COVID-19: The new rules mean that lots of us can't meet up with friends, partners, and other people we care about and have relationships with. Many of us will be online and on our phones a lot more, keeping relationships going and maybe starting new ones.

Relationships might be changing, but the questions stay the same:

## Does my relationship feel:

Safe?

Trusting?

And

Respectful?

**EVERYBODY** has the right to feel safe and respected.

Take this **quiz** to see if your relationship is healthy!

### Relationships Online

Consent is important in all relationships, including online. For advice, links to support, and information on reporting online abuse or harassment, [click here](#).

### In an unhealthy relationship? Experiencing abuse?

For advice on what to do if you do not feel safe and respected in your relationship or in your home, [click here](#).

### Coping with past abuse?

If you've experienced any kind of abuse in the past and need advice or help or someone to talk to, [click here](#).

### Controlling or Caring?

Controlling your partner is not OK. It's important to know the difference between being caring, and being controlling. To learn more, and for advice and support to change, [click here](#).



Live Fear Free Helpline  
0808 80 10 800

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Cymorth i Ferched Cymru  
Welsh Women's Aid