

Spotting Controlling Behaviour

It doesn't have to be physical when someone is unkind to you or hurts you.

Controlling behaviours are actions someone uses to **make you do what they want**, even when **you don't want to**.

Here's what to look out for...



Keeping you to themselves

A friend tells you not to play with other classmates.



Making you scared

A friend says they will stop being your friend if you don't do what they say.



Watching over you

A friend wants to know everything about who you talk to and what you talk about.



Rules

A friend tells you what games you have to play and gets angry if you choose something else.



Pressure

A friend pressures you to do things that make you uncomfortable, like saying mean things to others.



Blame

A friend always blames you when things go wrong, even if it's not your fault.

If you feel like someone is trying to control you, talk to a teacher, parent, or another grown up.

Remember, everyone deserves to feel safe and respected.

If you, or someone you know, is in immediate danger please call 999

You can speak to