

**WHEN
SOMEONE**

ACTS COOL

**BUT YOU
GET**

THE

CHILLS



LISTEN TO YOUR ALERTS

IF IT FEELS WRONG, IT PROBABLY IS

FIND OUT MORE AT [ALERTS.SCOT](https://www.alerts.scot)



LISTEN TO YOUR ALERTS

New relationships are tricky.

It's easy to mistake nerves for excitement.

Sweaty palms, a racing heartbeat and butterflies in your stomach aren't always good signs when you start seeing someone. Sometimes you need to question these feelings and trust your gut instincts.

Every relationship is different but the healthy ones have some important things in common: talking and listening; trust and respect; support; and having an equal say.

And when a relationship is unhealthy there are certain tell-tale signs: being criticised or being made to feel stupid; if it gets physical, even a shove and even just once; being forced into something sexual; feeling afraid; being made to feel guilty; being expected to do something in return for a gift; and feeling cut off from your friends or family.

If you think someone may be taking advantage of you or isn't treating you as they should, there's lots of advice and support available at alerts.scot

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