



SAFEGUARDING

NEWSLETTER – JAN 26

Toxic Relationships and Love Bombing

Despite what people tend to believe, unhealthy and disrespectful relationships can be hard to identify. Even the most abusive relationship can start off great. The person might shower with gifts, say things that make someone feel good, and do things that makes their partner feel really loved. These can be signs of a healthy relationship, but it can also be a form of something called 'love bombing'.

Love bombing is when someone is given lots of love, attention and affection. It can include flattery and over-the-top gifts making the person feel obligated or indebted to the person doing it.

Love bombing is a manipulation tactic intended to make a person feel close and trusting of them very quickly. A victim may not realise that it is all moving too fast.

This is done as such, that a victim does not notice boundaries are being crossed, privacy invaded, and independence squashed.

It can be difficult to tell the difference between 'love bombing' and just a new relationship.

People who are in toxic relationships can often feel like they are in control and making their own choices. They can find it hard to see the abuse objectively.

Being in a toxic relationship can severely impact on mental health – and this can make it harder for someone to identify the behaviours, leave the relationship or seek support.

BUT WHAT'S THE DIFFERENCE BETWEEN A TOXIC RELATIONSHIP AND AN ABUSIVE ONE?

Toxic relationships are unhealthy, but they are not necessarily abusive. Toxic behaviours aren't always on-purpose and often people doing them do not realise. Both people in a relationship can feed toxicity.

Toxic behaviours might include:

- You give more than you get.
- Not arguing fairly and respectfully.
- Holding grudges.
- Being jealous or envious.
- Unhealthy competitiveness.
- Toxic or disrespectful communication style (mocking or criticism).
- Ignoring your needs.
- Dishonesty.
- Made to feel like you are always to blame.

WHERE TO FIND FURTHER INFORMATION OR ACCESS SUPPORT:

- Reach out to a trusted adult/person to discuss your worries.
- Childline: call 0800 1111, or sign up so you can online chat and send messages (9am - midnight)
www.childline.org.uk
- Nspcc.org.uk
- www.childrensociety.org
- The police: If it's an emergency, call 999. If you can't speak, listen to the questions and tap or cough to answer. Press 55 to signal an emergency.