

Take Action!

1

Remind – Remind yourself that the fact you are in this situation is not your fault. You have not done anything wrong; the person making you feel pressured is the person who needs to think about their behaviour.



2

Escape – If you are feeling like you are in potential danger, plan an escape route to safety. This may be a physical escape through a doorway or one that involves speaking to a person and asking them for help.



3

Instincts – Trust your instincts. If things don't feel right to you or you feel uncomfortable in any way, leave the situation and make sure you feel safe and comfortable.



4

Code – Decide on a 'code' with a family member which can be used as a way of telling them that you need help without alerting the person you are with. This could be putting 'xxx' at the end of a text message or saying, 'I can't wait for the weekend' at the end of the conversation.



5

Lie – If you are feeling uncomfortable or in danger, lying is a sensible action to take. Say you need to be elsewhere and create a reason for leaving the situation that is making you feel in danger or uncomfortable.

