

# If you love me, you'll do whatever I want.



**Don't put up with it. You can get help. Speak to a learning mentor if you are in education, or another trusted adult.**

**If you are 16 or over, ring the Sheffield Domestic Abuse Helpline on 0808 8082241 or email [help@sheffielddact.org.uk](mailto:help@sheffielddact.org.uk)**

**[www.sheffielddact.org.uk](http://www.sheffielddact.org.uk)  
[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)**

