



We like to play
nicely with our
friends.



Sometimes we
bump or hurt our
friends.



Oh no!

My friend is angry.



He is saying mean
things and trying
to hit me.



I feel angry.



When I get angry I
say mean things
too.



What should
I do now?



I say
“I’m sorry for
hurting you”.



My friend thinks
and then stops
being mean to me.



He is still
feeling upset.



I make sure I
smile at my
friend.



He says
“Thank you for
saying sorry to
me”.



He says
“I’m sorry for
being mean to
you”.



We feel happy.

Now we can play
nicely together.



ReSPECTful Relationships



Domestic abuse can happen
in any relationship, and it
affects young people too.

Don't suffer in silence.

It's important to remember
help is at hand.

If you or someone you know
is experiencing abuse they
can get help.