

Your Best Friend #FriendsCanTell Social media captions & Alt texts

These graphics are currently for Instagram but please feel free to use them elsewhere. We've written up some captions for Instagram (you can adapt these for other platforms) and alt-text for your convenience too. You can download the whole folder **here**.

[Graphics from Llamau's young people](#)

[Reg Flag series from The Mix's young people](#)

[Green Flag series from The Mix's young people](#)

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[Graphics from Galop's young people](#)

Graphics from Llamau's young people

1. Healthy relationships graphic:

English:

Caption

Does your friend's partner put them down, say things that confuse them, and tell them they're forgetting things? Do they guilt trip your friend and make them say sorry for things that weren't their fault? Do they seem constantly hard to please - or hot one minute and cold the next? If you see these things, know that #FriendsCanTell. Tell them you've noticed it and that it's not OK. They're not going mad - they're being manipulated or gaslighted. Tell them you're there for them. Tell them they deserve to be treated with respect and kindness. Find out more at the #FriendsCanTell campaign homepage.

Have you been in these situations?
What could you say to a friend?

If you want to know how to support a friend go to the #FriendsCanTell site (link in bio).

If this has helped you understand more about toxic relationships or made you feel more confident about talking to a friend, let us know via the link in our bio.

Alt- text

Graphic of two friends hugging whilst sitting on a blue bench in the sun. The text above reads: "healthy relationships." A pair of speech bubbles on either side of the friends read: "Are caring", "Are supportive", "Are equal", "Make you feel safe". Text below the graphic reads: "Tell your friends what makes a healthy relationship." Find out more at yourbestfriend.org.uk

Welsh:

Caption:

Ydy partner eich ffrind yn eu rhoi i lawr, yn dweud pethau sy'n eu drysu, ac yn dweud wrthyn nhw eu bod yn anghofio pethau? Ydyn nhw'n gwneud i'ch ffrind deimlo'n euog ac yn gwneud iddyn nhw ddweud sori am bethau er mai nid nhw oedd ar fai? Ydyn nhw'n ymddangos yn gyson anodd eu plesio - neu'n boeth un funud ac yn ymddangos yn oeraidd y funud nesaf? Os gwelwch y pethau hyn, gwyddoch #GallCyfeillionDdweud. Dywedwch wrthynt eich bod wedi sylwi ar y pethau hyn ac nad yw'n IAWN. Dydyn nhw ddim yn mynd yn wallgof - maen nhw'n cael eu cam-drin neu eu nwyoleuo. Dywedwch wrthyn nhw eich bod chi yno iddyn nhw. Dywedwch wrthyn nhw eu bod yn haeddu cael eu trin â pharch a charedigrwydd. Darganfyddwch fwy ar hafan ymgyrch #GallCyfeillionDdweud.

Ydych chi wedi bod yn y sefyllfaoedd hyn?

Beth fydddech chi'n ei ddweud wrth ffrind?

Beth ydych chi'n meddwl yw'r peth pwysicaf mewn perthynas?

Os ydych chi eisiau gwybod sut i gefnogi ffrind ewch i wefan #FriendsCanTell (dolen yn y bio).

Alt- text

Graffeg o ddau ffrind yn cofleidio tra'n eistedd ar fainc las yn yr haul. Mae'r testun uchod yn darllen: "Perthnasoedd iach:" Roedd pâr o swigod siarad ar y naill ochr a'r llall i'r ffrindiau yn darllen: "Yn ofalgar", "Yn gefnogol", "Yn gyfartal", "Gwneud i chi deimlo'n ddiogel". Mae'r testun o dan y graffig yn darllen: "Dywedwch wrth eich ffrindiau beth sy'n gwneud perthynas iach." Darganfyddwch fwy yn yourbestfriend.org.uk

2. Reg flag excuses - Texts graphic:

English Caption

Does your partner say they 'love you' so much that they want to know where you are all the time? Do they do this because they 'worry' a lot about you? Do they call or message you constantly? Do they have strong opinions about your friends or family, and who you should be talking to?

This isn't normal. And #FriendsCanTell. Speaking to them about it will help.

Find out more at the #FriendsCanTell site (link in bio).

If this has helped you understand more about toxic relationships or made you feel more confident about talking to a friend, let us know via the link in our bio.

English Alt-text

Illustration of a hand holding a smartphone, with a red flag in the middle of the screen. Three speech bubbles around the hand read: "They only send so many texts because they want me to know they're thinking about me." "It's so romantic. They don't want me to be late back. They're checking I'm safe." "They miss me. Of course I let them check my phone to see my photos and messages. I trust them with my passwords. We share everything. They're looking out for me."

Welsh Caption

Ydy eich partner yn dweud ei fod yn 'caru chi' gymaint nes ei fod eisiau gwybod ble rydych chi drwy'r amser? Ydyn nhw'n gwneud hyn oherwydd eu bod nhw yn 'poeni' llawer amdanoch chi? Ydyn nhw'n eich ffonio neu'n anfon neges atoch yn gyson? A oes ganddynt farn gref am eich ffrindiau neu deulu, a phwy y dylech fod yn siarad â nhw?

Nid yw hyn yn normal. A #FriendsCanTell. Bydd siarad â nhw amdano yn helpu.

Darganfyddwch fwy ar wefan #FriendsCanTell (dolen yn y bio).

Welsh Alt-text

Darlun o law yn dal ffôn clyfar, gyda baner goch yng nghanol y sgrin. Mae tair swigen siarad o amgylch y llaw yn darllen: "Maen nhw ond yn gyrru gymaint o negeseuon oherwydd eu bod nhw eisiau i mi wybod eu bod nhw'n meddwl amdanaf." "Mae o mor rhamantaidd. Dydyn nhw ddim eisiau i mi fod yn hwyr yn ôl. Maen nhw'n edrych i wneud yn siŵr fy mod i'n saff". "Maen nhw'n colli fi. Wrth gwrs, fy mod i'n gadael iddyn nhw edrych ar fy ffôn i weld y lluniau a'r negeseuon. Rydw i'n trystio nhw gyda fy nghyfrinair. Rydym yn rhannu bob dim. Maen nhw ond yn edrych allan amdanaf".

3. You want to scream dump him graphic:

English:

Caption

Do the things you hear about your friend's partner make you worry? If you have a gut feeling that something isn't right, trust your instincts. #FriendsCanTell when relationships are toxic. Simply being there and listening without judging can make a huge difference.

What could you say to your friend to build them up?
Find out more at the #FriendsCanTell site (link in bio).

If this has helped you understand more about toxic relationships or made you feel more confident about talking to a friend, let us know via the link in our bio.

Alt-text

Graphic of a sad girl's face in the centre of the image. The faces of her friend and her friend's boyfriend are in a thought bubble to the top left of the sad girl. They are also looking sad with a small broken heart above them. The text to the side reads "You want to scream 'dump him.'" The text underneath explains: "but hasn't she had enough of shouting, being told what to do and being shut down?" This is followed by the text: "If you're worried about your friend's relationship, show her that you're ready to listen, help her to find her confidence and look for ways to empower her."

Welsh:

Caption

Ydy'r pethau rydych chi'n eu clywed am bartner eich ffrind yn gwneud i chi boeni? Os oes gennych chi deimlad amheus nad yw rhywbeth yn iawn, ymddiriedwch yn eich greddf. #FriendsCanTell pan fo perthnasoedd yn wenwynig. Gall bod yno a gwrando heb feirniadu wneud gwahaniaeth enfawr

Beth allech chi ei ddweud wrth eich ffrind i'w hadeiladu i fyny?

Darganfyddwch fwy ar wefan #FriendsCanTell (dolen yn y bio).

Alt-text

Graffeg o wyneb merch drist yng nghanol y ddelwedd. Mae wynebau ei ffrind a chariad ei ffrind mewn swigen feddwl ar ben chwith y ferch drist. Maen nhw hefyd yn edrych yn drist gyda chalon fach toredig uwch eu pennau. Mae'r testun i'r ochr yn darllen "Rydych chi eisiau sgrechian, dympia fo." Mae'r testun oddi tano yn esbonio: "ond onid yw hi wedi cael digon ar weiddi, cael gwybod beth i'w wneud a chael ei chau i lawr?" Dilynr hyn gan y testun: "Os ydych chi'n poeni am berthynas eich ffrind, dangoswch iddi eich bod yn barod i wrando, helpwch hi i ddod o hyd i'w hyder a chwiliwch am ffyrdd i'w grymuso."

Reg Flag series from The Mix's young people

Red flag sexual pressure graphics (3 part gallery):

Caption

Do you feel uneasy when your friend tells you about conversations they've had with their partner? Treating them like an object or pressuring them into sex is a red flag - you can gently talk to your friend about this.

Confiding in you about their conversations could be their way of asking 'is this okay?'. You can be honest without accusing or judging them. You can tell them 'That's not okay. You can talk to me about it. How can I help?'

Find out more at the #FriendsCanTell site (link in bio).

Has this helped you understand more about toxic relationships or made you feel more confident about talking to a friend? Let us know via the link in our bio.

Alt-text

Slide 1: This image has two young people talking. A red flag is shown on the top left and the top right of the image. The text bubble at the top of the page reads: "Spot the red flag." Below is a question which reads: "Can you tell the part that went wrong in this situation...?" A series of text bubbles follow. The first text bubble, from the person on the right reads: "Well... I'm not sure if I'm quite ready yet." The second text bubble, from the person on the left reads: "We've been together for a while now, so I think it's about time. Why are you worried?" The third text bubble, from the person on the right reads: "You're probably right, maybe I am just too tense?" The hashtag at the bottom of the page reads: #FriendsCanTell

Slide 2: Image 2 has two young people talking. The text bubble at the top of the page reads: “Red Flag: Sexual pressure or objectifying.” A series of text bubbles follow. The first text bubble, from the person on the right reads: “Well... I’m not sure if I’m quite ready yet.” The second text bubble, from the person on the left reads: “We’ve been together for a while now, so I think it’s about time. Why are you worried?” The third text bubble, from the person on the right reads: “You’re probably right, maybe I am just too tense?” A final text bubble at the bottom of the page reads: “Trying to persuade someone to have sex through emotional blackmailing is known as ‘sexual pressure’. The whole image explains that validating the relationship through romantic or sexual acts, and physical appearances is called ‘objectification’.

Slide 3: Image 3 has a text bubble at the top which reads: “It is a red flag if your friend’s partner:” Four bullet points follow with a graphic of a young person on the right. The first bullet point reads: “Sets the pace and gets physically intimate really quickly.” The second bullet point reads: “Tells them that it’s ‘hot’ that they are transgender or queer.” The third bullet point reads: “Judges them for their sexual history.” The fourth bullet point reads: “Talks about other people’s looks all the time.” Below this, a text bubble reads: “Your friend might say:” At the bottom of the page there are 3 text bubbles from a young person. The first text bubble reads: “He says I’m 16 now so I should be ready and it’s normal.” The second text bubble reads: “He just gets really sulky if we don’t have sex.” The third text bubble reads: “I guess it’s stupid that I have a problem with him finding it attractive because I am trans.”

Red flag shrinking your world graphics (3 part gallery):

Caption

This isn’t love – it’s control. Love is supportive and encouraging. It allows you to be who you are and follow your dreams. If you’re worried about a friend, know that #FriendsCanTell.

You can say you’re worried about them or you’ve noticed they’re acting differently. You can say you want to see them grow and thrive – and so should their partner. If they’re not ready to talk, at least they’ll have heard that they deserve more. They’ll also know that you’re there to listen when they’re ready.

Find out more at the #FriendsCanTell site (link in bio).

Alt-text

Image 1

Image 1 has two young people talking. A red flag is shown on the top left and the top right of the image. The text bubble at the top of the page reads: “Spot the red flag.” Directly below is a question which reads: “Can you tell the part that went wrong in this situation...?” A series of text bubbles follow. The first text bubble, from the person on the right reads: “What are you doing later?” The second text bubble, from the person on the left reads: “Well... I’m going to football practice with Nate! We’re getting dinner after that.” The third text bubble, from the person on the right reads: “Can you not go please? I just don’t want you to go out today, especially with him.” The hashtag at the bottom of the page reads: #FriendsCanTell

Image 2

Image 2 has two young people talking. The text bubble at the top of the page reads: “Red Flag: Shrinking your world/Cutting off your support.” A series of text bubbles follow. The first text bubble, from the person on the right reads: “What are you doing later?” The second text bubble, from the person on the left reads: “Well... I’m going to football practice with Nate! We’re getting dinner after that.” The third text bubble, from the person on the right reads: “Can you not go please? I just don’t want you to go out today, especially with him.” A final text bubble at the bottom of the page reads: “No one is required to cut ties with friends or

family, or give up hobbies, dreams and ambitions for a partner. If someone is using a relationship as an excuse to limit your thoughts and actions, they are shrinking your world and cutting off your support.”

Image 3

Image 3 has a text bubble at the top which reads: “It is a red flag if your friends partner:” This is followed by a graphic of a young person on the right with 4 bullet points. The first bullet point reads: “Doesn’t let them connect to LGBT+ spaces without them.” The second bullet point reads: “Makes them cut contact with you or other friends.” The third bullet point reads: “Won’t commit but they expect your friend to.” The fourth bullet point reads: “Puts them off doing hobbies or following dreams.” Below this, a text bubble reads: “Your friend might say.” At the bottom of the page there are 3 text bubbles from a young person. The first text bubble reads: “He said he’ll tell everyone what kind of girl I am if I leave.” The second text bubble reads: “He’s not ready for anything serious but he tells me it’s not right for me to see anyone else.” The third text bubble reads: “I think I’d rather just spend the weekend with my partner, they are everything I need.”

Red flag - using mental health as a weapon graphics (3 part gallery):

Caption

We can all have bad mental health days – but we are still responsible for how we behave and treat other people. It can be a scary line to tread – but weaponising mental health is never okay.

#FriendsCanTell - you can speak to them about it. What could you say to them that might help?

If you’re worried, find out more at the #FriendsCanTell site (link in bio).

Has this helped you understand more about toxic relationships or made you feel more confident about talking to a friend? Let us know via the link in our bio.

Alt-text

Image 1

Image 1 has two young people talking. A red flag is shown on the top left and the top right of the image. The text bubble at the top of the page reads: “Spot the red flag.” A question below reads: “Can you tell the part that went wrong in this situation...?” A series of text bubbles follow. The first text bubble, from the person on the right reads: “Hey babe, I know I was mean to you yesterday.” The second text bubble reads: “Yeah, I still feel really hurt about that.” The third text bubble reads: “I really couldn’t help it, you know I was just having a bad mental health day...” The hashtag at the bottom of the page reads: #FriendsCanTell.

Image 2

Image 2 has two young people talking. The text bubble at the top of the page reads: “Red Flag: Using mental health as a weapon.” A series of text bubbles follow. The first text bubble, from the person on the right reads: “Hey babe, I know I was mean to you yesterday.” The second text bubble reads: “Yeah, I still feel really hurt about that.” The third text bubble reads: “I really couldn’t help it, you knew I was just having a bad mental health day....” A final text bubble at the bottom of the page reads: “Mental health should never be used as an excuse to be hurtful towards the other person in a relationship. In this case, wrongdoings are not justified by having a ‘bad mental health day’”.

Image 3

Image 3 has a text bubble on the top which reads: "It is a red flag if your friend's partner:" Three bullet points follow with a graphic of a young person on the right. The first bullet point reads: "Threatening suicide if they leave." The second bullet point reads: "Telling them they can't go out or have other friends etc, because of their anxiety." The third bullet point reads: "Saying their bipolar disorder makes them lose their temper or means they are more in love." A text bubble below reads: "Your friend might say:" The bottom of the page shows 3 text bubbles from a young person. The first text bubble reads: "He says he just couldn't live without me, he loves me so much!" The second text bubble reads: "I don't know how she'd cope if I wasn't with her..." The third text bubble reads: "I have to take this call from my partner, it's an emergency."

Green Flag series from The Mix's young people

Good communication graphic (2 part gallery)

Caption

Do you ever feel worried about your friend's relationship? They might think good communication, respect and patience is too much to ask – but you know it's the least they deserve. It's okay to let them know this, and that you think they're great. If you're worried about them, head to the #FriendsCanTell campaign homepage.

Find out more at the #FriendsCanTell site (link in bio).

Has this helped you understand more about toxic relationships or made you feel more confident about talking to a friend? Let us know via the link in our bio.

Alt-text

Good communication slide 1: Graphic of a gleeful couple at the bottom of the image, with two speech bubbles intersecting above. Each bubble encloses an eye and an ear with a heart in the centre. Above the graphic is the hashtag: "#FriendsCanTell". The text below the graphic reads: "Green Flags: Signs of a healthy Relationship", which is followed by the words "Good Communication". Two logos are shown at the top left of the image: "The Mix" and "Your Best Friend".

Good communication slide 2: Ethereal styled graphic with a few stars scattered across a blue background, with leaves emerging from the sides. Text at the top of the image reads: "Good communication is about being open and honest, where both people listen and ask thoughtful questions. When disagreements happen, partners take time to talk things through and try to understand the challenges each other face." Below this is the question: "What does 'Good Communication' look like?"

Four separate speech bubbles are shown below the question: "Your partner is open and expressive about their own feelings and encourages you to be the same." "Your partner is always listening to you and trying to understand what they need." "Your partner never uses an argument as an excuse to insult you." "They are willing to admit their own faults and take responsibility for their actions." At the bottom of the image is the hashtag: "#FriendsCanTell".

No sexual pressure graphic (2 part gallery):

Caption

Not respecting someone's needs, mood and wellbeing is a major red flag. If you're worried about a friend, you're well placed to talk to them about it. You can remind them that they should always be able to go at their own pace – and that other aspects of their relationship are important.

Find out more at the #FriendsCanTell site (link in bio).

Has this helped you understand more about toxic relationships or made you feel more confident about talking to a friend? Let us know via the link in our bio.

Alt-text

No sexual pressure slide 1: Graphic of a happy couple who are watering a plant together. Above the graphic is the hashtag: "#FriendsCanTell". The text below the graphic reads: "Green Flags: Signs of a healthy relationship", which is followed by the words: "No Sexual Pressure". Two logos are shown at the top left of the image: "The Mix" and "Your Best Friend".

No sexual pressure slide 2: Ethereal styled graphic with a few stars scattered across a blue background, with leaves emerging from the sides. Text at the top of the image reads: "No sexual pressure means the friendship part of the relationship is highly validated and your partner doesn't try to persuade you into more sexual interactions, because physical intimacy doesn't need to be rushed and isn't the only proof of how relationships escalate." Below this is the question: "What does 'No Sexual Pressure' look like?"

Four separate speech bubbles are shown below the question: "Your partner doesn't try to take over the ability to 'set the pace'." "Your partner understands that everyone's sex drive is different." "They are observant about your mood." "They take your wellbeing seriously." At the bottom of the image is the hashtag: "#FriendsCanTell".

Respect graphic (2 part gallery):

Caption

Healthy relationships are equal. One person should not be 'in charge' or an authority. You are unique, special, and worthy of respect. If you're worried your relationship isn't quite right but don't know what to do, remember #FriendsCanTell. Speak to them about it. They have probably noticed and can be there for you. You may also speak to a teacher, family member, or a professional who can help if you would like them to, or a friend can speak to them on your behalf.

What are the other signs of respect in relationships?

If this has helped you understand more about toxic relationships or made you feel more confident about talking to a friend, let us know via the link in our bio.

Alt-text

Respect slide 1: Graphic of a happy couple holding hands. One person is positioned slightly above the other. Both people are enclosed by rectangular windows, with a starry sky setting. Above the graphic is the hashtag: "#FriendsCanTell". The text below the graphic reads: "Green Flags: Signs of a healthy relationship", which is followed by the words: "Respecting Boundaries". Two logos are shown at the top left of the image: "The Mix" and "Your Best Friend".

Respect slide 2:

Ethereal styled graphic with a few stars scattered across a blue background. Text at the top of the image reads: "Respect in a relationship is simple, in the most basic way, your partner should respect and support you as an equal and decisions should always be shared, instead of talking over 'authority' within the relationship." Below this is the question: "What does 'Respect' look like?"

Four separate speech bubbles are shown below the question: "Your partner asks you for your opinion before making decisions." "Your partner speaks to you kindly in conversations." "Your partner supports your interests, hobbies and ambitions." "Your partner listens to and validates your feelings and emotions." At the bottom of the image is the hashtag: "#FriendsCanTell".

Respecting boundaries graphic (2 part gallery):

Can you tell your partner when you need space? Can you freely tell them what's important to you? Do you feel comfortable talking about whether you want the relationship to be exclusive or open? If the answer is 'no', it sounds like your partner is not open to respecting your boundaries. In a healthy relationship, it's OK to gently ask for what you need, and your partner should respect that.

Sometimes it's hard to spot these signs when you're in the situation. But #FriendsCanTell. If you notice something like this in your friend's relationship - you can gently open their eyes by asking them about it in a curious and non-judgemental way.

Find out more at the #FriendsCanTell site, and if this has helped you understand more about toxic relationships or made you feel more confident about talking to a friend, let us know (link in bio)

Alt-text

Respecting boundaries Slide 1: Graphic of a happy couple hugging one another. They are shown at the bottom of the image. Above the graphic is the hashtag: "#FriendsCanTell". The text below the graphic reads: "Green Flags: Signs of a healthy relationship", which is followed by the words: "Respecting Boundaries". Two logos are shown at the top left of the image: "The Mix" and "Your Best Friend".

Respecting boundaries Slide 2: Ethereal styled graphic with a few stars scattered across a blue background, with leaves emerging from the sides. Text at the top of the image reads: "Respecting boundaries is giving clarity about what each other want, need and should avoid and validating these principles. Despite the controversies, appreciating partners for growing up in different cultures and ideologies can be enlightening." Below this is the question: "What does 'Respecting Boundaries' look like?"

Four separate speech bubbles are shown below the question: "Your partner learns your needs and beliefs." "Your partner understands your cultural and religious boundaries." "You and your partner can both exchange opinions on the openness of a relationship." "Your partner doesn't expect you to give up an ideology that's important to you." At the bottom of the image is the hashtag: "#FriendsCanTell".

Graphics from Hafan's young people

‘Is your friend’s relationship healthy and safe?’ graphic (please use slides in the order the alt-texts are ordered below)

English Caption

Is your friend's relationship healthy & safe? >> Swipe to find out

If you've noticed things that make you worry about your best friend's relationship - you can speak to them about it. A healthy relationship should have respect from both sides. Do you worry that your friend's partner is overstepping in their relationship?

If you're worried, find out more at the #FriendsCanTell site and if this has helped you understand more about toxic relationships or made you feel more confident about talking to a friend, let us know (link in bio)

Welsh Caption

Ydy perthynas dy ffrind yn iach a diogel? Sweipia i ddarganfod

Os 'dach chi 'di sylwi pethau sy'n dy boeni am berthynas dy ffrind gorau – trafoda efo nhw am hynny. Dylai perthynas iach cynnwys parch ar y ddau ochr. Wyt ti'n pryderu bod partner dy ffrind yn anwybyddu hynny yn eu perthynas?

Os wyt ti'n poeni, ffeindia fwy ar wefan #FriendsCanTell (dolen yn y bio).

Alt texts (English):

1. Considering friend's relationship graphic

Graphic of a girl with a thought bubble above her head. The bubble reads: "Is your best friend's relationship healthy and safe?" A withered plant is placed in the bottom left of the image expressing an unhealthy relationship. The hashtag "#FriendsCanTell" shows at the bottom of the image.

2. Drawing boundary graphic

Graphic of a happy girl drawing a circle around herself. The text below reads: "They are both able to set their own boundaries". The text above the image reads "#FriendsCanTell".

3. Having a say in exclusivity graphic

Graphic of two different sized hearts within speech bubbles, with small heart shapes floating above. The text above the graphic reads: "Both have a say in if they are exclusive or dating other people." Above this text is the hashtag "#FriendsCanTell".

4. Having a say in setting the pace graphic

Graphic of a hand holding a smartphone. A speech bubble is coming out of the screen with 3 hearts inside. The text below the graphic reads: "Both people get to set the pace and have a say in things like how much to share online about their relationship." The text above the graphic reads "#FriendsCanTell".

5. Understanding cultural/ religious boundaries graphic

Graphic of religious 6 symbols: Islamic, Buddhist, Jewish, Christian, Sikh and Hindu. The symbols are separated by hearts and surround the text: "Your friend's partner makes an effort to understand your friend's cultural and religious boundaries". Above this graphic is the hashtag "#FriendsCanTell".

6. Having a say on the type of relationship graphic

Graphic of two faces in a conversation. The face on the left has a speech bubble next to it with a heart in the middle. The text above reads: "Both have a say on if they are in a monogamous or polyamorous relationship". Above this text is the hashtag "#FriendsCanTell".

7. Keep her safe graphic

Graphic with a few small hearts placed around the text: "She's your best friend. Help keep her safe." Above this graphic is the hashtag "#FriendsCanTell".

Alt texts (Welsh):

1. Llun ystyried perthynas ffrind.

Llun o ferch gyda swigen meddwl uwch ei phen. *Mae'r swigen yn dweud* (Ydy perthynas dy ffrind gorau'n iach a diogel?) Mae 'na blanhigyn eiddil ar waelod y llun, ar y chwith, yn cynrychioli perthynas anhapus. Mae'r hashnod #FriendsCanTell ar waelod y llun.

2. Llun gosod ffin.

Llun o ferch hapus yn gosod cylch o'i chwmpas. Mae'r testun isod yn dweud; Mae'r ddau'n gallu gosod ffiniau eu hunain Mae'r testun uwchben y llun yn dweud #FriendsCanTell

3. Llun mynegi barn mewn ffyddlondeb

Llun o ddwy galon o wahanol meintiau o fewn swigod siarad, gyda chalonnau bychain yn arnofio uwch eu pennau. Mae'r testun uwchben y llun yn dweud Mae gan y ddau'r hawl i ddweud os ydynt hwy'n ffyddlon i'w gilydd neu efo pobl wahanol Uwchben y testun hwn ydy'r hashnod #FriendsCanTell

4. Yr hawl i drafod gosod cyflymder

Llun o law yn dal ffôn symudol. Daw swigen siarad allan o'r sgrin gyda thri calon o'i fewn. Mae'r testun o dan y llun yn dweud: Gall y ddau gosod y cyflymder ac efo'r hawl i ddweud fel faint 'dan nhw'n rhannu ar-lein am eu perthynas. Mae'r testun uwchben y llun yn dweud #FriendsCanTell

5. Deall ffiniau diwylliant/crefyddol.

Llun o chwech symbol crefyddol; Islam, Bwdhaeth, Iddewiaeth, Cristnogaeth, Sikhiaeth a Hindwaeth. Gwahanir y symbolau gan galonnau ac amgylchir y testun. Mae partner dy ffrind yn gwneud ei orau â deall ffiniau diwylliannol a chrefyddol dy ffrindUwchben y llun mae'r hashnod #FriendsCanTell

6. Efo'r hawl i drafod pa fath o berthynas.

Llun o ddau wyneb yn siarad. Mae gan yr wyneb ar y chwith swigen siarad nesaf iddo gyda chalon yn y canol. Mae'r testun uwchben yn dweud Mae gan y ddau yr hawl i drafod petai'r berthynas yn unweddod neu amlweddod. Uwchben y testun hwn yw'r hashnod #FriendsCanTell

7. Cadwa hi'n ddiogel.

Llun efo ychydig o galonnau bychain o gwmpas y testun: Hi 'di dy ffrind gorau. Helpa i'w chadw'n ddiogel Uwchben y llun hwn mae'r hashnod #FriendsCanTell

Graphics from Muslim Youth Helpline's young people

Have you noticed your friend carousel...(7 part gallery post)

Caption

You probably know your best friend inside out. If you notice them acting differently since they've been in a relationship – you can talk to them about it.

You can tell them that healthy relationships are meant to bring the best out of you – but you've noticed they don't really seem themselves. Let them know they can tell you anything, and be curious about how they really feel. Make sure they know your conversation won't go any further – unless they want it to. Just being able to have an honest conversation can be a relief and a big step forward for someone who's used to pretending everything's fine.

If you're worried, head to the #FriendCanTell campaign page, and if you find it helpful please let us know via the link in our bio.

Alt-text

Slide 1. Have you noticed your friend graphic

Illustrated graphic of two friends. The girl on the left with short hair and a red top is looking towards her friend on the right of the image. The girl on the right with curly hair and wearing a blue top looks sad. The caption above reads: "Have you noticed your friend..." with the words 'your friend' in red. This is illustrating a red flag. The hashtag at the top of the image reads: "#FriendsCanTell".

Slide 2: Feeling less and less like themselves graphic

Illustrated graphic of a young person with short curly hair and a blue dress. They look sadly at their reflection in a mirror. The reflected image shows a speech bubble with a question mark. The caption below reads: "Feeling less and less like themselves?" with the words 'less and less' and 'themselves' in red. The hashtag at the bottom of the image reads: "#FriendsCanTell".

Slide 3: Lying to friends and family graphic

Illustrated graphic of a young person with short curly hair and a blue dress. They are smiling and talking to someone on the phone. A thought bubble emerges from the right side of her face - it shows her face looking sad with a jumbled scribble graphic above her head. The caption below reads: "Lying to friends

and family about how happy they are?" The words 'lying' and 'happy' are in red. The hashtag at the bottom of the image reads: "#FriendsCanTell".

Slide 4: Overcompensating for their relationship graphic

Illustrated graphic of a young, smiling person with short curly hair and a blue dress. Three thought bubbles emerge from the left of the person - each encloses a pink heart. The caption above reads: "Overcompensating for their relationship?" The word 'overcompensating' is in red. The hashtag at the top of the image reads: "#FriendsCanTell".

Slide 5: Not looking forward to seeing their partner graphic

Illustrated graphic of a sad, young person with short curly hair and a blue dress. A thought bubble emerges to their left - it shows a scribble with no words. The caption below reads: "Not looking forward to being around their partner?" The words 'Not looking forward' are in red. The hashtag at the bottom of the image reads: "#FriendsCanTell".

Slide 6: Not hanging out with their friends graphic

Illustrated graphic of a young person with short curly hair and a blue dress. They are looking sadly out of the window of a house. A no entry sign hangs on the front door. The caption above reads: "Not hanging out with their friends?" The words 'hanging out' are in red. The hashtag at the top of the image reads: "#FriendsCanTell".

Slide 7: They could be in an unhappy relationship graphic

Illustrated graphic of two people, smiling and hugging one another. The caption reads "They could be in an unhappy/unhealthy relationship." The words 'unhappy' and 'unhealthy' are in red. The hashtag reads: "#FriendsCanTell".

Manipulative tactics carousel (6 part gallery post)

Caption

Sometimes it's hard to know if you're in a toxic relationship. If you spot any of these red flags in your own or a friend's relationship, it sounds like it's toxic.

Swipe >> for common manipulative tactics. Can you think of any more?

If you're worried, head to the #FriendCanTell campaign page, and if you find it helpful please let us know via the link in our bio.

Alt-text

Slide 1. Toxic relationship graphic

Graphic of a text box with an encircled broken heart at the top left corner. The textbox title reads: "Toxic relationship". The text underneath the title reads: "Any relationship [between people who] don't support each other, where there's conflict and one seeks to undermine the other, where there's competition, where there's disrespect and a lack of cohesiveness." The name under the text reads: "(Dr. Lillian Glass)".

Slide 2. Guilt tripping graphic

Graphic of a text box with an encircled broken heart at the top left corner. The textbox title reads: "Guilt tripping". A quote underneath the title reads: "I never meant to hurt you, I acted that way because I love you so much". The text below reads: "Often, an abusive partner might hurt you, then guilt you into staying

in that relationship through gifts, apologies, and explanations.” The hashtag “#FriendsCanTell” is shown at the bottom of the graphic.

Slide 3. Mental health as a weapon graphic

Graphic of a text box with an encircled broken heart at the top left corner. The textbox title reads: “Mental health as a weapon”. A quote underneath the title reads: “If you break up with me, I will hurt myself.” The text below reads: “Some people may threaten their safety if you leave them, which is a form of manipulation and control.” The hashtag “#FriendsCanTell” is shown at the bottom of the graphic.

Slide 4. Threats to reputation graphic

Graphic of a text box with an encircled broken heart at the top left corner. The textbox title reads: “Threats to reputation”. A quote underneath the title reads: “If you break up with me, I will send your nudes to your family. Then no one will want you; you're damaged goods.” The text below reads: “Abusive partners may threaten you into staying in an unhealthy or toxic relationship. It is illegal to possess or share pictures of underage people, and revenge porn is also illegal. This can include threats to share photographs, sharing images without the person's consent or uploading images without your permission.” The hashtag “#FriendsCanTell” is shown at the bottom of the graphic.

Slide 5. Controlling behaviour graphic

Graphic of a text box with an encircled broken heart at the top left corner. The textbox title reads: “Controlling where you go, what you wear, who you see”. A quote underneath the title reads: “That's too revealing. Are you wearing that to get attention?” “You saw your friends last week.” The text below reads: “In an abusive relationship, the abuser may want to feel that they can control aspects of your life, such as where you go, who you speak to, and what you wear. If you find you have distanced yourself from your friends, your partner may be trying to make you rely solely on them.” The hashtag “#FriendsCanTell” is shown at the bottom of the graphic.

Slide 6. Policing online graphic

Graphic of a text box with an encircled broken heart at the top left corner. The textbox title reads: “Policing you online”. A quote underneath the title reads: “I need your Instagram password to make sure no one is bothering you. It's for your safety. I thought we shared everything!” The text below reads: “Your partner may ask for your social media passwords as a way to 'build trust'.” The hashtag “#FriendsCanTell” is shown at the bottom of the graphic.

Red flag examples - carousel (8 part gallery post)

Caption

Swipe for red flags >>

We know that having a healthy first relationship helps to pave the way for happy future relationships. The absolute minimum to expect in a relationship is kindness, safety and respect.

If you're noticing any of these red flags, it sounds like it's a toxic relationship. And if someone tries to frighten, confuse or control you. It isn't love. It's abuse.

Comment below - Can you think of any more red flags?

If you're worried, head to the #FriendCanTell campaign page, and if you find it helpful please let us know via the link in our bio.

Alt Texts

Slide 1

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When he says all his jokes are "banter", it's him being offensive." The words 'banter' and 'offensive' are in red. The hashtag below reads: "#FriendsCanTell".

Slide 2

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When they joke about the physical boundaries I have, but they actually make me feel bad about not wanting to be more physical". The words 'physical boundaries' are in red. The hashtag below reads: "#FriendsCanTell".

Slide 3

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When he belittles me in front of my friends and compares me constantly.". The words 'belittles' and 'compares' are in red. The hashtag below reads: "#FriendsCanTell".

Slide 4

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When he tells all his friends about our intimate conversations.". The words 'intimate conversations' are in red. The hashtag below reads: "#FriendsCanTell".

Slide 5

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When they put me in dangerous situations and tell me to live a little." The words 'dangerous situations' are in red. The hashtag below reads: "#FriendsCanTell".

Slide 6

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When he's always asking for nudes, and sometimes I think he shows his friends.". The word 'nudes' is in red. The hashtag below reads: "#FriendsCanTell".

Slide 7

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When they won't put a title on our relationship because 'we don't need labels'". The words 'we don't need labels' are in red. The hashtag below reads: "#FriendsCanTell".

Slide 8

Graphic of red flags in the background. The foreground shows a caption with several red flags below: "When she hides her phone every time I'm around her.". The words 'hides her phone' are in red. The hashtag below reads: "#FriendsCanTell".

Instagram Reels from Galop

'Trans' Reel:

Caption:

#FriendsCanTell when something is off in a friend's relationship but sometimes, we have to take small steps to help them see what we see.

For more advice go to the Friends Can Tell webpage (link in bio) & let us know via the 2 min survey whether this campaign is helpful.

Alt text description:

Moving illustration of a girl with long green hair and the Trans flag symbols painted on each cheek.

The following text appears:

You Might Hear:

- Their partner using their dead name when they get in a fight
- They ridicule their gender expression when they argue
- They only act supportive when your friend dresses more femme

Your Friend Might say:

- I do stuff that upsets them too
- They're JOKING it's fine
- They just like it when I look like that, its not a big deal.

What you can do:

- Ask: What would justify someone using your dead name?
- Say: I noticed you looked X after they said it, but how did you feel after they said that?
- Affirm: I hear you but is that how you want to look? I want you to look however feels right for you, no one else.

#FriendsCanTell when something is off in a friend's relationship but sometimes we have to take small steps to help them see what we see.

'Reaction advice' reel:

Caption:

The rainbow flag doesn't cancel out the red flags. Head to #FriendsCanTell (link in bio) for more information and advice on how to talk to your LGBT+ friends who might be in a toxic relationship.

Alt Text description:

Moving illustration of two friends sat together, looking concerned.

The text says: 'When your LGBT+ friend says', and the following phrases appear in speech bubbles:

1. It's not that big a deal she just gets like this sometimes
2. It's different when you're LGBT+
3. It's cool they're older, I don't have options to date like you do.
4. Not everyone's supportive of me being queer, its rare.

The text then says: 'You can Say:' , and the following phrases appear in speech bubbles:

1. How do you feel when she "gets like that" ?
2. You're right a lot of things are different, but I don't think LGBT+ culture is speaking to you like that.
3. Have you ever thought about why they're not spending time with people their age?
4. That sounds really lonely but there's so many people, including me, who love you for who you are.

Followed by text saying:

Follow [#FriendsCanTell](#) for more information and advice on how to talk to your LGBT+ friends who might be in a toxic relationship.

'Control' Reel:

Caption:

The only "right" way to be queer, is The way you decide to be queer. No partner has The right to dictate what your queerness means.

If you're worried about a friend head to the [#FriendsCanTell](#) page (link in bio)

Alt Text Description:

Moving illustration of a girl with one hand on their head, looking concerned. The following phrases appear in speech bubbles.

- "If you were really queer you'd be find with this"
- "Age matters less when you're queer"
- "You're queer? Prove it."
- "God you're such a baby gay, this is what it's like"

Followed by text saying:

The only right way to be queer, is The way you decide to be queer. No partner has The right to dictate what your queerness means.

Red Flag reel:

Caption:

The rainbow flag doesn't cancel out the red flags. Follow #FriendsCanTell for more information & advice to help your LGBT+ friends who you think could be in a toxic relationship.

Alt Text Description:

Illustrated image of a person sitting down looking at their phone. The following phrases appear, accompanied by a red flag image.

1. I'm fine with you being poly as long as I'm the #1
2. I don't think you're Non-binary, I'm not really into that
3. I guess you could be Bi, but you're with me so for now you're technically straight
4. Could you tone it down a bit? You don't always need to scream that you're queer
5. Could you dress more like a girl/guy tonight? I don't want my mum to notice
6. It doesn't matter that you're LGBT+

Followed by text saying:

The rainbow flag doesn't cancel out the red flags.

Follow along with #FriendsCanTell for more information & advice to help your friends.

Graphics from Galop's young people

How to help - carousel (3 part gallery post)

Caption:

If you're worried about your friend, remind them you love & accept them as they are, and their partner should do the same.

For more advice on supporting a friend head to the #FriendsCanTell homepage (link in bio).

Alt texts:

How to Help 1

Graphic with two white hearts, each trailed with a rainbow. The top of the graphic has a speech bubble which reads: "When your LGBT+ friend says:" and below this is a series of four speech bubbles, each with a red flag on top. The first speech bubble reads: "It's not that big of a deal, she just gets like this sometimes". The second speech bubble reads: "It's different when you are LGBT+". The third speech bubble reads: "It's cool they're older, I don't have dating options like you do." The fourth speech bubble reads: "Not everyone's supportive of me being queer, it's rare." At the bottom of the graphic is the hashtag: #FriendsCanTell.

How to Help 2

Graphic with a plain blue background with two white hearts, each trailed with a rainbow. One heart is on the top right side, the second heart is on the bottom left side. The top of the graphic has a speech bubble which reads: "You can say:" and below this is a series of four speech bubbles. The first speech bubble is left aligned and reads: "How do you feel when she "gets like that"?". The second speech bubble is right aligned and reads: "You're right a lot of things are different, but I don't think LGBT+ culture is speaking to you like that". The third speech bubble is left aligned and reads: "Have you ever thought about why they're not spending time with people their age?" The fourth speech bubble is right aligned and reads: "It sounds really lonely when you don't feel accepted, but there are so many people, including me, who love you for who you are". At the bottom of the graphic is the hashtag: #FriendsCanTell.

How to Help 3

Graphic with a plain blue background with two white hearts, each trailed with a rainbow. One heart is on the top right side, the second heart is on the bottom left side. The top of the graphic has a speech bubble which reads: "#FriendsCanTell that this isn't what support sounds like". The text below this reads: "It can be hard to tell the difference between support and control; a supportive partner wouldn't try to control your identity."

LBT+ Red flag - carousel (8 part gallery post)

Caption:

Red flags are red flags. If you're worried about a friend, remind them you love & accept them as they are, and their partner should do the same.

For advice on supporting a friend head to the #FriendsCanTell homepage (link in bio).

Alt texts:

Red Flag 1

Graphic with a thoughtful young person in the bottom right corner with a large speech bubble on a blue background. The speech bubble is surrounded by three rainbow-coloured hearts, one in the top left corner, one in the top right corner and one below the speech bubble. The speech bubble reads: "Have you heard an LGBT+ friend's partner say any of the following?". At the bottom left corner of the graphic is the hashtag: #FriendsCanTell.

Red Flag 2

Graphic with a large speech bubble on a plain light blue background. The speech bubble is surrounded by red flags and rainbow-coloured hearts. There is a red flag in the top left corner and a red flag in the bottom right corner. There is a rainbow-coloured heart in the top right corner and a rainbow-coloured heart in the bottom left corner. The speech bubble reads: "I'm fine with you being Poly as long as I'm the #1". At the bottom of the graphic is the hashtag: #FriendsCanTell.

Red Flag 3

Graphic with a large speech bubble on a plain light blue background. The speech bubble is surrounded by red flags and rainbow-coloured hearts. There is a red flag in the top left corner and a red flag in the bottom right corner. There is a rainbow-coloured heart in the top right corner and a rainbow-coloured heart in the bottom left corner. The speech bubble reads: "I don't think you're Non-Binary, I'm not really into that". At the bottom of the graphic is the hashtag: #FriendsCanTell.

Red Flag 4

Graphic with a large speech bubble on a plain light blue background. The speech bubble is surrounded by red flags and rainbow-coloured hearts. There is a red flag in the top left corner and a red flag in the bottom right corner. There is a rainbow-coloured heart in the top right corner and a rainbow-coloured heart in the bottom left corner. The speech bubble reads: "I guess you could be Bi, but you're with me so for now you're technically straight". At the bottom of the graphic is the hashtag: #FriendsCanTell.

Red Flag 5

Graphic with a large speech bubble on a plain light blue background. The speech bubble is surrounded by red flags and rainbow-coloured hearts. There is a red flag in the top left corner and a red flag in the bottom right corner. There is a rainbow-coloured heart in the top right corner and a rainbow-coloured heart in the bottom left corner. The speech bubble reads: "Could you tone it down a bit? You don't always need to scream that you're queer". At the bottom of the graphic is the hashtag: #FriendsCanTell.

Red Flag 6

Graphic with a large speech bubble on a plain light blue background. The speech bubble is surrounded by red flags and rainbow-coloured hearts. There is a red flag in the top left corner and a red flag in the bottom right corner. There is a rainbow-coloured heart in the top right corner and a rainbow-coloured heart in the bottom left corner. The speech bubble reads: "Could you dress more like a girl/guy tonight? I don't want my mum to notice". At the bottom of the graphic is the hashtag: #FriendsCanTell.

Red Flag 7

Graphic with a large speech bubble on a plain light blue background. The speech bubble is surrounded by red flags and rainbow-coloured hearts. There is a red flag in the top left corner and a red flag in the bottom right corner. There is a rainbow-coloured heart in the top right corner and a rainbow-coloured heart in the bottom left corner. The speech bubble reads: "I don't care that you're LGBT+, it's not important". At the bottom of the graphic is the hashtag: #FriendsCanTell.

Red Flag 8

Graphic with two large speech bubbles on a plain light blue background. The first speech bubble reads: "The rainbow flag doesn't cancel out the red flags. Toxic behaviour is toxic behaviour". The second speech bubble reads: "Following along with #FriendsCanTell for more information & advice to help your friends going through a toxic relationship". At the bottom of the graphic is the hashtag: #FriendsCanTell.

The act - carousel (3 part gallery post)

Caption:

Are you worried your friend's partner is pressuring them to come out? They might have convincing excuses - but that's not OK. You can reassure your friend they are completely entitled to do it in their own time, in the way they want.

For more advice on supporting a friend head to the #FriendsCanTell homepage (link in bio).

Alt texts:

The Act 1

Graphic with a stressed and confused young person in the bottom left corner on a plain blue background. There is a rainbow-coloured heart in the top right of the graphic. At the top of the graphic are two speech bubbles, one on the left and the other on the right. The left speech bubble reads: "The". The right speech bubble reads: "act:". The text under the speech bubbles reads: "They're pressuring your friend to tell others about their sexuality or gender identity". At the bottom of the graphic is the hashtag: #FriendsCanTell.

The Act 2

Graphic with a plain blue background with two rainbow-coloured hearts. There are two large speech bubbles at the top of the graphic; one on the left and the other on the right. The left speech bubble reads: "The". The right speech bubble reads: "excuse:". This is followed by a series of three smaller speech bubbles. The first of the smaller speech bubbles reads: "I feel like you're ashamed of me". The second smaller speech bubble reads: "You'd be happier if you were out". The third smaller speech bubble reads: "I'm not going to let you be ashamed anymore". At the bottom of the graphic is the hashtag: #FriendsCanTell.

The Act 3

Graphic with a plain blue background with two rainbow-coloured hearts. There are two large speech bubbles at the top of the graphic; one on the left and the other on the right. The left speech bubble reads: "The". The right speech bubble reads: "truth:". This is followed by text which reads: "Coming out is an incredibly personal experience, no one else can decide what's right for you. Even a partner". At the bottom of the graphic is a speech bubble the hashtag #FriendsCanTell.