

**“She tracks me  
on her phone.  
She said if I  
didn’t give her  
my password I  
must be hiding  
something.”**

Trust is not about knowing your partner’s passwords or where they are 24/7. This is abuse.

If you are worried, help is available.

**You are not alone.**

**THE  
SUTTON  
PLAN**

**[NotAloneInSutton.org.uk/help](https://NotAloneInSutton.org.uk/help)**