

ARE YOU HEADED FOR TROUBLE?

➔ RECOGNISING THE WARNING SIGNS OF ABUSE

- Make fun of or disparage the people that you care about, like your family and friends?
- Insult you, call you names or put you down?
- Pressure you to do things that you are not comfortable with, for example sexual activities?



DOES YOUR PARTNER?

- Act in a way that is very controlling, for example, telling you what to do or how to act, how to dress or who you can and can't speak to?
- Constantly check up on you – asking you questions like where you are, what you are doing and who you are with?
- Make you worried about how they will react to things you do or say?
- Believe strongly in rigid and stereotypical gender roles for girls and boys?

- Behave jealously?
- Abuse substances and/or alcohol?
- Isolate you from those you care about?
- Have an explosive temper?
- Blame you for their anger?
- Own weapons?

- Rush you into committing when you don't feel ready?
- Have a history of behaviour problems such as fighting, mistreating other people or hurting animals?
- Threaten or intimidate you, your family or friends?

- Constantly check up on you – asking you questions like where you are, what you are doing and who you are with?
- Talk badly about their previous partners, blaming only them for the failure of the relationship?
- Keep you from spending time with family and friends?
- Act too serious about your relationship too quickly?
- Stop you from breaking off the relationship?

IF YOUR PARTNER DOES THESE THINGS, YOU MAY BE AT RISK OF VIOLENCE AND ABUSE.



RECOGNISE THE WARNING SIGNS, TALK TO SOMEONE AND GET HELP!