

Are You Being Abused in Your Dating Relationship?

Ask yourself these questions . .

- Are you frightened by your partner's temper and/or afraid to disagree with your partner?
- Are you constantly apologizing for your partner's behaviour?
- Do you have to justify every place you go, everything you do, or every person you see, just to avoid your partner's anger?
- Does your partner take your money or destroy your personal belongings?
- Does your partner constantly put you down and then say, "I love you"?
- Has your partner ever hit, kicked, shoved, or threw things at you?
- Do you avoid family or friends or do things because of your partner's jealousy and/or anger?
- Have you been forced into having unwanted sex?
- Are you afraid to break up because your partner has threatened suicide or to hurt you, or someone you care about?

If you answered YES to one or more of the questions, then you are being abused.

You have choices. You could:

- Contact a crisis centre for more information about abuse, and to develop a safety plan
- Get help from someone you trust, seek counselling, and/or call a local support program
- Stay away from your partner for a while, to give you time to think
- Decide to end the relationship and not to see your partner.

Abusers tend to become progressively more violent over time.

Plan to stay safe.

Are You Abusive in your Dating Relationship?

Ask yourself these questions . . .

- Do you constantly check up on your partner and accuse him or her of being with other people?
- Are you extremely jealous or possessive?
- Have you hit, kicked, shoved, or thrown things at your partner?
- Do you often insult or criticize your partner?
- Do you become violent towards your partner when you drink or use drugs?
- Have you threatened your partner or broken things in your partner's presence?
- Have you forced your partner to have sex with you or intimidated your partner so that he or she is afraid to say no?
- Have you threatened to hurt your partner?
- Have you threatened to hurt yourself if your partner breaks up with you?
- Do you wish you could stop hurting your partner?

If you answered "YES" to one or more of these questions, you are inflicting physical, emotional, verbal, and/or sexual abuse on your partner.

You Can Change. You can:

- TAKE RESPONSIBILITY for your own actions. Don't blame your behavior on your partner, or on drugs or alcohol.
- TALK to someone you trust for support and help finding or getting supportive counselling
- Get supportive COUNSELLING
- Get involved in a PROGRAM for abusers

Many of the behaviours listed above could result in Criminal Charges.

Unless YOU do something about it,



Safe Haven

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