What is RELATIONSHIP ABUSE?

EMOTIONAL
- Name calling
- Threatening
- Humiliating
- Blaming
- Insults
- Put-downs
- Isolating from friends/family
- Ridiculing
- Intimidating
- Cold shoulder
- Controlling
- Pressuring
- Extreme jealousy
- Destroying property
- Injuring pets

PHYSICAL
- Putting a person in danger
- Pushing
- Slapping
- Hitting
- Punching
- Kicking
- Hair pulling
- Choking
- Burning
- Using a weapon or other object to harm

SEXUAL
- Pressuring someone into having sex (this could include touching, kissing, fondling, oral sex or intercourse)
- Being forced to pose for sexual pictures or look at pornography
- Being “loaned out” for sex

If any of these things IS HAPPENING TO YOU on a regular basis, YOU MAY BE IN AN ABUSIVE RELATIONSHIP.

Relationship abuse is not a one-off event. It’s a cycle and usually gets worse if nothing is done to stop it. It’s not your fault – abusers are responsible for their behaviour. If you are in an abusive relationship, the best thing for you to do is end it. This may be tough and you may need help:

1. Find support from people who care about you
2. Contact your nearest stopping violence service on 0800 4SVSSVS (0800 478778) or one of the other places listed on the back
3. Go out in groups (not alone) for a while
4. Carry a mobile phone or phone card and phone numbers of support people
5. Carry money
6. Arrange your own transport
7. If necessary get a protection order from the Police (to keep the abuser away from home, work or school)

If you are doing any of these things on a regular basis, YOU NEED HELP.

If you want to change your behaviour – with help – you can. To talk to someone from your nearest stopping violence service, phone 0800 4SVSSVS (0800 478778). Nothing is so bad you can’t talk about it.

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BEWARE OF THE DANGER SIGNS

<table>
<thead>
<tr>
<th>Sexually abusive</th>
<th>is when they do sexual things to you that you don’t agree to</th>
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<tbody>
<tr>
<td>Jealousy &amp; isolation</td>
<td>is when they cut you off from your friends or freak out when you talk to other people</td>
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<tr>
<td>Aggression</td>
<td>is when they yell and shout at you, use physical violence, get into a lot of fights with other people, use violence to solve problems</td>
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<tr>
<td>Put downs</td>
<td>is when they put you down, call you names, make you feel stupid, make sexist comments</td>
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<tr>
<td>Control</td>
<td>is when they check up on you - where you are and who you’re with, threaten or force you to do things you don’t want to do, don’t let you make your own decisions</td>
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For more information, go to: www.setrespect.co.nz www.youthlaw.co.nz www.familyplanning.org.nz
Two people feel good about themselves and each other:

- You have a **good friendship**, not just a physical relationship
- You have **freedom** to do your own thing
- You have time and space to **see your friends**
- You have your **own interests**
- Your opinions are **respected**
- **You can disagree** with each other
- You can go at your **own pace** including sexually
- You **make decisions together**
- When you have an argument you can **talk about it**
- You have **fun** together
- You **feel safe**
- **If you want to end it, your decision is respected**

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**THIS IS LOVE...**

**Physical assault is a crime.**

**Someone who loves you helps you feel good about yourself.**

**Everyone deserves respect.**

**There are no excuses for abuse.**

**Be true to yourself.**

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**THIS ISN'T LOVE...**

One person dominates and controls the other:

- You talk to someone else and your boyfriend/girlfriend gets **angry** or **jealous**
- Your boyfriend/girlfriend is **verbally aggressive** or **physically threatening**
- Your boyfriend/girlfriend **calls you names, puts you down, makes you feel bad**
- Your boyfriend/girlfriend uses **force, threats** or bargains to make you do things you don’t want to do
- Your boyfriend/girlfriend threatens to **harm any of your family, friends, pets or property**

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**THIS IS CONTROL!**

Does this sound familiar? Turn the page for help.