

## IS YOUR RELATIONSHIP HEALTHY?

## YOU DESERVE

- ♥ Be treated as your equal
- Make decisions about your body
- Choose your own friends
- End the relationship
- Be loved in a caring way
- Be happy
- Be treated with respect
- Express your thoughts & opinions
- Live without fear or intimidation

- Feel good about yourself
- Spend time by yourself
- Choose what to wear
- Make your own decisions
- ♥ Say NO
- Change your mind
- Spend time with your family
- Private use of your phone
- Doing things you enjoy

## DOES YOUR DATING PARTNER:

- ☐ Give orders or make all the decisions?
- Embarrass you in front of others?
- ☐ Act in ways that frighten you?
- ☐ Control who you see or what you wear?
- Monitor your computer or cell phone?
- ☐ Get angry at you often or quickly?

## HAS YOUR DATING PARTNER:

- ☐ Shoved, kicked, or slapped you?
- ☐ Humiliated or made you feel stupid?
- ☐ Forced you to have sex?
- ☐ Pressured you to use alcohol/drugs?
- Been overly jealous or possessive?
- □ Spread rumors, shared private pics?
- ☐ Harrass you on your cell phone?

If you answered YES to one or more of these questions, you might be in an abusive relationship.

You are NOT alone
It is NOT your fault
We can help

NEED SUPPORT Text 741741

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