



## Loves Me NOT...

- \*is jealous
- \*is possessive
- \*tries to control me
- \*gets violent, loses temper quickly
- \*always blames me
- \*is sexually demanding
- \*keeps me from seeing my friends and family
- \*makes all the decisions
- \*embarrasses me in front of others
- \*hits me
- \*makes me cry
- \*makes me feel afraid
- \*is always "checking up" on me
- \*takes my money and other things
- \*threatens to leave me if I don't do what I'm told
- \*teases, bullies and puts me down



If you recognise even one of these warning signs, you may be a victim of abuse ...

### YOU DESERVE BETTER

You are not alone...

Call for help now!

CHILDLINE  
0800 11 11

WOMEN'S AID  
0808 2000 247

POLICE  
999



## Loves ME...

- \*makes me feel safe
- \*makes me feel comfortable
- \*listens to me
- \*values my opinions
- \*supports what I want to do in life
- \*is truthful with me
- \*admits to being wrong
- \*respects me
- \*always tries to understand how I feel
- \*likes that I have other friends
- \*makes me laugh
- \*trusts me
- \*treats me as an equal
- \*respects my family
- \*understands my need for time alone or with family
- \*accepts me as I am



These are the qualities of a healthy relationship

You DESERVE a healthy relationship



Soroptimist International of  
Yorkshire  
sigbi.org