



not if one person dominates and controls the other

It is not a caring relationship if your boyfriend or girlfriend:

- 💔 gets angry when you talk to someone else
- 💔 is verbally aggressive or physically threatening
- 💔 calls you names, puts you down, makes you feel bad
- 💔 uses force, threats, emotional blackmail or bargains to make you do things you don't want to
- 💔 threatens to harm your friends, family, pets or property
- 💔 posts unpleasant or intimately revealing things about you on the internet.

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.

- ♥ Find support from people who care about you.
- ♥ Contact a support organisation.

This is control • This is abuse • Does this sound familiar?