

## where can I get help?

For support, advice & information  
call any of the following agencies

Women's Aid: 01482 446099

Women's Aid Children & Young  
People's Service: 01482 474133

Preston Road Women's Centre:  
01482 790310

DAP: 01482 318759



[www.thehideout.org.uk](http://www.thehideout.org.uk)  
[www.hullwomensaid.org](http://www.hullwomensaid.org)



HullDAP

working in partnership to tackle domestic abuse

[www.hulldap.co.uk](http://www.hulldap.co.uk)



## Is your relationship healthy?

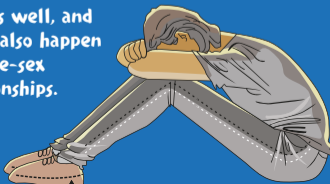
### What is abusive behaviour?

Abusive behaviour is when someone continually hurts, controls or upsets the person they are in a relationship with.

Domestic abuse isn't just physical violence, in fact, it often starts off with controlling, abusive behaviour.

“ It can happen at any age,  
not just in adult relationships. ”

Although women and girls are usually the victims of domestic abuse, it can happen to men and boys as well, and it can also happen in same-sex relationships.





## Loves me...

These are the qualities of a healthy relationship. Everyone deserves to be loved.

- I feel safe
- I 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



## Loves me not...

- tries to control me
- is jealous or possessive
- isolates me
- threatens to hurt me or someone I care about or even my pets
- gets abusive or hits me
- always blames me
- demanding sexual things
- keeps me from seeing my friends & family
- makes all the decisions
- embarrasses me in front of others, teases, bullies & puts me down
- makes me cry
- I 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
- destroys my property & possessions

If you recognise even one of these warning signs, you or someone you know may be experiencing domestic abuse...

**YOU ARE NOT ALONE... CALL FOR HELP NOW!**