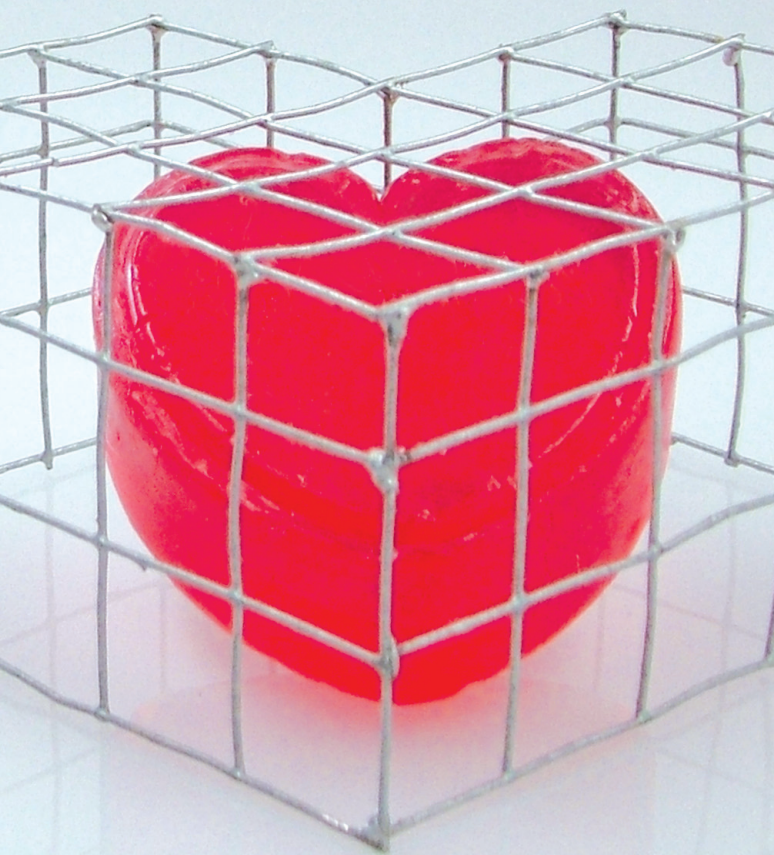


PARTNER ABUSE
THIS IS NOT LOVE



THIS IS CONTROL

WHAT IS PARTNER ABUSE?

Partner abuse can be emotional, physical or sexual and is a sign of an unhealthy relationship.

In an unhealthy relationship there is...

- lack of trust and openness between two people
- one person has power over the other
- one person is physically, sexually and emotionally hurtful to the other.

Partner abuse can be when your partner...

- controls the finances
- does not allow you to do things like get a job
- stops you seeing family and friends
- uses insults like calling you fat, lazy, stupid, ugly, a slut or other names that make you feel bad
- is very jealous
- threatens to leave, kill or hurt you or the children
- threatens or hurts the family pets
- slaps, hits, punches, chokes, pushes, burns you or the children
- hurts or threatens you or the children with weapons or objects
- forces you into sexual acts you don't want by threats, coercion or physical force
- destroys property
- takes away the car keys.

THERE ARE NO EXCUSES FOR ABUSE

Physical assault is a crime.

A person is responsible for his/her own behaviour.

No one deserves to be abused, everyone deserves equal respect.

No partner in a relationship has the right to dominate or abuse another.

IT IS NOT LOVE WHEN YOUR PARTNER...

- wants to know where you are and who you are with all the time
- is easily angry, has sudden mood changes, is verbally aggressive, physically threatening and has abused in the past
- uses force, threats or bargains to make you do things you don't want to do
- threatens to harm or remove the children from your care.

...IT IS CONTROL

Partner abuse is often a cycle and gets worse in time if nothing is done to stop it.

You can take steps to be safe.

YOU ARE NOT ALONE

Contact a support agency listed on the back of this pamphlet.

A SAFETY PLAN MAY INCLUDE

Deciding on safe place to go and how to get there

Packing a bag you can leave with someone you trust.

The contents could include:

- a protection order
- birth certificates, passports, driver's licence, bank details
- other important documents such as insurance, residency
- address book with important phone numbers
- money/ATM card
- house and car keys
- toiletries, medicines
- clothes
- children's toys
- some loved items such as photos, jewellery.

If in immediate danger dial Police on 111

LOCAL REFERRAL AGENCIES



SAY **NO TO ABUSE**
SAY YES TO HEALTHY RELATIONSHIPS