

## 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?

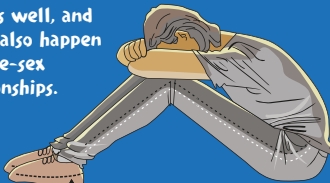
### What is abusive behaviour?

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!**