

## *Loves Me...*

### **Signs of a loving relationship**

- **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**
- **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**

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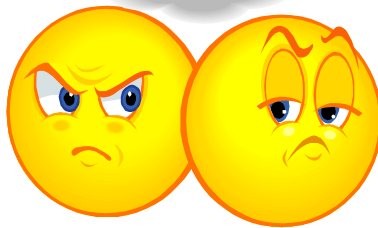
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## *Loves Me Not...*

- **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 do not do as I am told**
- **Teases, bullies and puts me down**

If you recognise any of these signs you may be a victim of abuse.

**You DO NOT have to suffer alone.**



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