

RELATIONSHIP ABUSE

You may think that an abused person is someone who has lots of bruises or a black eye.

There are many different types of abuse, and not all of them leave marks which can be seen.

Some kinds of abuse cause damage on the inside...like if your feelings are hurt or you feel scared and unsafe.

An abuser might make you believe things that are not true by telling you that you are stupid or worthless.

ABUSE is more than just hitting, slapping, punching or kicking.

Both ACTIONS and WORDS can be abusive.

ABUSE may be physical, emotional or sexual.

All abuse is dangerous and must be taken seriously!

Relationship violence is abuse or mistreatment that happens between two people who are involved in an intimate relationship.

They may be “just dating”, call themselves “a couple”, or even be

“broken up” when the abuse happens.

- A person who is being abused is a victim.
- NOBODY deserves to be abused.
- ANYONE can be involved in an abusive relationship, as either a victim or an abuser.
- Both girls and guys can be abusers.
- Both guys and girls can be victims.
- Abuse can happen whether you are dating someone of the same sex or someone of the opposite sex.

A study found that ONE out of every THREE girls and ONE out of every EIGHT boys has experienced some form of dating violence by the time they are in grade eleven.

Abuse doesn't just happen to other people.

It can happen to you, your friends, your parents, your teachers...

ANYONE can be involved in an abusive relationship.

ABUSE IS ABOUT POWER

Emotional Abuse

Abusers treat you with disrespect.

They may call you names, swear at you or tell you you're worthless.

They may embarrass you in front of others, not treat you fairly, and make you feel bad about yourself.

They may say things like “you're stupid” or “you're such a loser that no one else would ever go out with you.”

Intimidation

Abusers make you feel afraid without even touching you.

They may yell, swear at you, break things, slam doors, punch walls, or get right in your face.

They may give you “the look” or corner you to prevent you from walking away.

Blame

Abusers don't accept responsibility for their own actions.

They say “it's all your fault” when anything goes wrong, or may blame their bad behavior on alcohol, drugs, stress, the weather.

If they do something that hurts you, they say “It's not my fault. You

made me do it!”

There are different kinds of abuse.

Here’s what to look for:

Threats

Abusers tell you “Do what I say...or you’ll be sorry.”

They may threaten to hurt you, or to hurt people you love.

They may threaten to hurt things that are important to you like your pets.

They may even threaten to hurt themselves.

Sexual Abuse

Abusers don’t respect your boundaries.

They may force or pressure you to do things that make you feel uncomfortable.

They may take advantage of you when you are drunk or taking drugs.

They may make comments that

embarrass you, or call you names like “slut” or “fag”.

Isolation

An abuser might tell you not to talk to your family or friends.

They want to tell you who you are allowed to talk to and what you are allowed to do.

They make you feel trapped and alone.

Physical Abuse

Violence includes shoving, slapping, choking, punching, pinching, kicking, biting, burning, hair pulling, using a weapon... anything an abuser may do to try to control your behavior.

They may be careful not to leave

marks that someone else could recognize as abuse.

**ABUSE IS
ABOUT CONTROL**