



IS YOUR RELATIONSHIP ABUSIVE?

Ask yourself the following questions and decide for yourself whether or not you are being respected.

Are you going out with someone who...

Acts jealous and possessive towards you?

Tries to tell you who you can be friends with?
Checks up on you?

Scares you?

Makes you afraid of how he/she will react to things?

Is violent?

Explodes when he/she gets angry?
Pushes or shoves you?
Grabs you too hard?

Pressures you for sex?

Is forceful or scary about sex?

Isolates you?

Puts down your friends and/or family?

Tries to control you?

Gives you orders?

Blames you and others for his/her problems?

Puts you down? (even as a “joke”)

Calls you names?
Makes fun of you in front of friends?

Gets too serious too quick?

Won't let you break up?