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 to time alone or with family
- Accepts me as I am



National Domestic Abuse freephone helpline: 0808 2000 247

Childline: 0800 1111

Somerset DAFFS: 0800 694 9999

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.