

THIS ISN'T LOVE....

- One person dominates and controls the other
- You talk to someone else and your boyfriend / girlfriend gets angry or jealous
- Your boyfriend/ girlfriend is verbally aggressive or physically threatening
- Your girlfriend / boyfriend calls you names, puts you down, makes you feel bad
- Your girlfriend / boyfriend uses force, threats or bargains to make you do things you don't want to do
- Your girlfriend / boyfriend threatens to harm you or your reputation to control your behavior
- Your girlfriend / boyfriend threaten to harm your family, friends or property
- Your girlfriend / boyfriend make your decisions for you
- Your girlfriend / boyfriend urges you to be intimate or sexual when you are not fully ready
- You feel disrespected by your girlfriend / boyfriend

THIS IS CONTROL !!

Does this sound familiar? Turn the page for help

If any of these things are happening to you on a regular basis, YOU MAY BE IN AN ABUSIVE RELATIONSHIP



THIS IS LOVE....

- Two people feel good about themselves and each other.
- You have a good friendship
- You have time and space for your family and friends
- You have your own interests
- You have choices, and freedom to do your own thing
- You can disagree with each other on certain things - without being afraid
- You can take the relationship at your own pace – including intimacy
- You make decisions together
- When you have an argument, you can talk about it
- You enjoy each other's company, and have fun together
- You feel safe
- If you want to end it, your decision is respected
- Respect

RELATIONSHIP ABUSE

EMOTIONAL

- Name calling
- Threatening
- Humiliating
- Blaming
- Insults
- Put-downs
- Isolating from friends or family
- Ridiculing
- Intimidating
- Controlling
- Pressuring
- Extreme jealousy
- Breaking things
- Destroying property

SEXUAL

- Pressuring someone into having sex (this could include touching, kissing, intercourse among others)
- Threatening to break off the relationship, unless they have sex with them
- Being forced to pose for sexual pictures, or look at pornography
- Being forced to have sex with others

PHYSICAL

- Putting a person in danger
- Pushing, slapping, hitting, punching, kicking, hair pulling
- Choking
- Burning
- Using an object or a weapon to harm
- Pressuring someone into having sex (this could include touching, kissing, intercourse among others)

Relationship abuse is not an one-off event.

It is a cycle and usually gets worse if nothing is done to stop it. It is not your fault – abusers are responsible for their behavior. If you are in an abusive relationship, the best thing for you to do is end it. This may be tough and you may need help

BEWARE OF THE DANGER SIGNS!

Aggression is when he/she yells or shouts at you, threatens with physical violence, or actually uses violence on you such as hitting or pushing. He/ she ends up using violence and aggression to solve problems

Put-downs is when he/she puts you down, calls you names, makes you feel stupid, makes sexist comments. This can be when you are alone, or when you are with other people

Sexually abusing is when he/she does sexual things to you that you don't agree

Jealousy and Isolation is when he/she restricts your relationship with friends or family. May get angry based on suspicions or accuse you of disloyalty. May get mad when you speak to other people

Control is when he/she checks up on you beyond just concern level – wants to know where you are, and who you are with most or all the time. Based on suspicions, accuses you of disloyalty. May threaten you or make restrictions on your behavior and movements

*If you are doing any of these things on a regular basis,
YOU NEED HELP*

If you want to change your behavior – with help – you can.

SHE Counselling	331 8804
Youth Centre Counselling	331 3755
Human Rights Commission of Maldives	1424

IF in IMMEDIATE Danger, Call Police – 119

Love

Love Means Respect, Not Control

Physical assault is a crime

Someone who loves you
helps you feel good about yourself

There are no excuses for abuse

Everyone deserves respect

