



He/She...

- Makes me feel safe
- Makes me feel comfortable
- Listens to me
- Values my opinion
- Supports what I want to do in life
- Admits to being wrong
- Respects 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

These Are Qualities Of A Healthy Relationship



Soroptimist International, San Fernando
Improving the lives of women and girls locally and internationally



He/She....

- Is jealous
- Is possessive
- Tries to control me
- Gets violent and loses temper quickly
- Always blames me
- Is sexually demanding
- Keeps me from seeing family and friends
- 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 don't do what I'm told
- Bullies me and puts me down

Please know that you are not alone

- Call for help!! -

Domestic Violence Hotline

624-0402

CHILDLINE

800-4321

Everyone deserves to be loved
An initiative for the Prevention of Domestic Violence

Let your voices be heard