

# early warning signs

Take this quiz to see if your relationship is healthy or not. If your answer is “yes” for an item, check the box next to it.

## DOES YOUR PARTNER...

### Make You Feel Uncomfortable by

- Telling you what to do or not do, where to go or not go
- Telling you who to be friends with
- Telling you what clothes to wear and how to wear your hair and make-up
- Telling you how to act
- Telling you who to talk to or not talk to
- Wanting you to tell them where you've been
- Phoning you to make sure you are where you said you would be
- Phoning you a lot each day
- Telling you what time to come home
- Not telling you when he/she is coming over
- Making all the big decisions
- Following you around
- Making you do something you don't want to do

### Not Give You Time Alone by...

- Going through your things
- Listening to your phone calls
- Opening your mail and email
- Reading your diary
- Wanting to know what you say to others word for word
- Following you everywhere
- Asking friends and family about what you do

### Hurt Your Friendships with Others?

- Tells you lies about what your friends have said about you
- Doesn't want you to go out with your friends without him/her
- Is mean to your friends so that they will stop visiting you
- Starts a fight with you right before you leave to go out with a friend
- Puts your friends down
- Tells you not to see your counsellor or social worker
- Doesn't want you to meet their friends
- Wants you to choose between them and your friends
- Doesn't give you your messages

### Want You to Need Him/Her?

- Takes control of the money
- Doesn't want you to work
- Doesn't want you to have your own bank account
- Tells you that you are stupid and can't make it on your own
- Tells you “no one else will love you”
- May tell you to quit school

### Show Other Warning signs?

- Doesn't like themselves very much
- Hurts your feelings
- Blames you and others for their mistakes
- Gets angry a lot
- Doesn't care for others' feelings
- Acts tough or not interested
- Cares so much that they become controlling
- Wants to 'own you' and is very jealous of what you do with others
- Seems to be obsessed with you; has to be a part of everything you do
- Doesn't want you to go anywhere without them
- Finds it hard to share their feelings well
- Doesn't listen to you when you talk

**If you checked any one of these you may be in an unhealthy relationship.**

**If you checked yes on more than 10, your relationship is not safe.**

**Please speak with a counsellor.**

# what to do

**Do you feel like this is happening to you and you would like it to stop? You are not alone! Here are some things you can do:**

- 1)** Say 'No!'
- 2)** Call 911 for immediate help.
- 3)** Protect yourself and make a safety plan. For instructions on how to do this, see other side of this pamphlet.
- 4)** Talk to someone you trust.
- 5)** See your doctor.
- 6)** Think of a place where you can go for help: doctor's office, library, store, etc.
- 7)** Contact us so that we can help you:  
Family Service Toronto  
416-595-9618  
[www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

## Other Important Numbers

**Assaulted Women's Helpline**

**416-863-0511 | 1-866-863-0511**

**TTY 1-866-863-7868**

**Kids Helpline**

**1-800-668-6868**

# my safety plan

Here are some actions that you can take to be safe.

## Tips for Safer Dating

- Meet in public
- Go out with a group of friends
- Carry money for the phone or bus, or take your cell phone
- Tell someone where you will be
- Take your I.D. with you
- Trust your instincts

## Safety at Home

- Keep important numbers safe and close by
- Tell your neighbours or family that you may need their help – have a code word ready
- Make sure your door locks work
- If he/she is angry and you are scared, go to a room that is safe that has a phone, two exits, and no weapons

## Safety in the Neighbourhood

- Use a different route to get to school, the bus or to the store
- Hide some clothes and your house key at a friend's house
- Get to know your neighbours and store clerks
- Think of a place in your area that you can go for help: a health clinic, library, store, etc.

# types of abuse

There are several ways a woman can be hurt by someone she cares about, for example:

## Physical abuse

is physical force against you such as slaps, kicks, pushes, punches, holding you down, blocking doorways, preventing you from using the phone or driving fast to scare you.

## Emotional abuse

is when your partner uses ways to hurt your feelings, such as calling you names, teasing you or telling you what to do.

## Sexual abuse

is when a partner forces you to do sexual things you do not want to do.

## How do you know if your relationship is wrong and abusive?

Inside are some “early warning signs” that women who have been in abusive relationships said they experienced.

## Someone Who is Abusive Might Also:

- Make you do sexual things that you do not want to do
- Have bad attitudes about women
- Say they will get sex somewhere else
- Use alcohol, drugs or bad words
- Use scary gestures like smacking their hand on furniture or clenching their fist
- Say they will hurt you
- Be violent towards your pets or other animals
- Break things you or someone else owns
- Scare you or others

it's not your fault!

you deserve better!



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For People. For Change.

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416-595-9618 | [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

This pamphlet has been adapted with permission by the Victoria Family Violence Prevention Society and funded by the Ministry of Community and Social Services.

## Are you in danger of being abused?

# early warning signs

## that your relationship might turn abusive

A romantic relationship should be a positive experience. Everyone wants to be loved and cared for. Sometimes, though, relationships can be unhealthy when one of the people is hurtful. Read this brochure to see if you are in an unhealthy relationship.