

WHAT IS GOING ON?!?...



Are you being abused
by your boyfriend?

Relationship violence can happen to
anyone, male or female, in any relationship.

No one has a right to
harm you, to touch you
without your permission,
to threaten you or to
make you feel small,
stupid or useless.

It's confusing! It's scary! You think you've done something to deserve it – but no one deserves abuse. Maybe you think the violence is about love and intense passion. The truth is, violence is never about love. It's about control – someone wanting to control someone else. It is always wrong!

MORE

MAKE SURE YOU'RE SAFE

- Don't underestimate the danger you could be in.
- If you think you might be hurt take these feelings seriously. Sometimes when you end a relationship you could be in even greater danger.
- Plan for your safety including who you can call for help.
- Avoid being alone with the abuser.
- Vary your routes and schedules so that you are not going to the same places at the same time each day.
- Let people know about your fears.
- If he is harassing you do not answer his calls or speak to him.
- Document every attempted contact he makes.
- If he calls you when the court has ordered him not to write down all the details.

FIND YOUR SUPERPOWERS

Sometimes leaving a relationship takes a lot of inner strength. You have a lot of thoughts that keep you in the relationship. You think things will get better. You think he will change. You are afraid there is nothing better for you.

Remember! You do not deserve abuse. It is not worth risking harm to yourself while you wait for the abuse to stop. You are not responsible for helping him to change and you cannot force him to change.

You do have the strength to make tough decisions!

CALL FOR BACK UP!

- Talk to a trusted adult—parent, doctor, counselor, teacher, family, or friend—about your situation. If they don't take you seriously, try again.
- In an emergency, if you need help right away, call 9-1-1.
- Phone your local women's shelter or family violence program for information on what you can do. Go to www.abusehelplines.org for all the phone numbers across the province.
- Look in the front of the SaskTel Direct West phone book for the Abuse Help Lines page for help in your community



REMEMBER

YOU ARE THE SUN.

DON'T STAND FOR ABUSE.

THERE'S NO MESSIN AROUND WITH GIRLS!

YOU RULE THE UNIVERSE. YOU ARE GOLD.

EMOTIONAL ABUSE is threatening to harm someone or that person's loved ones, threatening to damage or destroy another's possessions, or making a partner feel bad about herself or himself. Trying to cause fear by screaming, punching walls, breaking things or threatening suicide is also emotional abuse.

PHYSICAL ABUSE happens when a person hurts or tries to hurt a partner in an attempt to control, intimidate or punish. Examples include punching, shoving, slapping, choking, kicking, biting, burning, shaking or using any weapon.

SEXUAL ASSAULT means forcing a partner to participate in any form of sexual activity without that person's consent. Any unwanted sexual activity under any circumstances is sexual assault. Anyone can withdraw consent at any time. A person can say yes to one activity and no to another, or they can say no to something even if they have done it willingly in the past.

For more information, contact:



Provincial Association of
Transition Houses and Services
of Saskatchewan

T: 306.522.3515

F: 306.522.0830

E: paths@sasktel.net

W: www.abusehelplines.org



Prairieaction
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Supporting Solutions
To Violence and Abuse

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