



## Loves me...

- 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
- 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 the qualities of a healthy relationship.*

*Take care, these*



## Loves me NOT...

- is jealous
- is possessive
- 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 don't do what I'm told
- teases, bullies and puts me down



*If you recognise even one of these warning signs, you or someone you know may be a victim of abuse.*

**YOU ARE NOT ALONE...  
CALL FOR HELP NOW!**

Staffordshire Womens Aid - 0870 2700 123

Bothway - 01549 676800