

SIGNS OF UNHEALTHY RELATIONSHIPS

Dating violence and abusive relationships are defined by a pattern of behaviors in which one person uses **intimidation, confusion, isolation and fear** to control the relationship.

<p>ECONOMIC ABUSE</p> <ul style="list-style-type: none">• YOU OWE YOUR PARTNER FOR EVERY GIFT GIVEN• PREVENTS YOU FROM GETTING OR KEEPING A JOB• CONTINUALLY LOOKS TO YOU FOR MONEY	<p>USING THREATS</p> <ul style="list-style-type: none">• THREATENS TO HURT YOU OR SELF IF YOU END THE RELATIONSHIP (SUICIDE)• SAYS THEY WILL RUIN ANY FUTURE RELATIONSHIPS• THREATENS TO DESTROY PROPERTY	<p>DENYING, MINIMIZING & BLAMING</p> <ul style="list-style-type: none">• IGNORES YOUR FEELINGS• MANIPULATES YOUR PAST ISSUES• THINKS THE ABUSIVE INCIDENTS ARE NO BIG DEAL	<p>USING EMOTIONAL ABUSE</p> <ul style="list-style-type: none">• CONTINUALLY PUTS YOU DOWN AND CALLS YOU NAMES• YOU FEEL LIKE YOU ARE ALWAYS WRONG• MAKES YOU FEEL CRAZY
<p>USING INTIMIDATION</p> <ul style="list-style-type: none">• YOU ARE SCARED FOR YOUR SAFETY• YOU ARE AFRAID TO SAY WHAT YOU REALLY THINK	<p>USING DOUBLE STANDARDS</p> <ul style="list-style-type: none">• THEY CAN GO OUT BUT YOU CAN'T• MAKES ALL DECISIONS AND DECIDES WHAT IS BEST FOR YOU• YOU MAY GIVE IN TO END AN ARGUMENT	<p>USING ISOLATION</p> <ul style="list-style-type: none">• PLAYS MIND GAMES• CONSTANTLY MANIPULATES CONVERSATIONS• EMBARRASSES YOU IN FRONT OF YOUR FRIENDS	<p>SEXUAL ABUSE</p> <ul style="list-style-type: none">• CRITICIZES AND JOKES ABOUT YOUR BODY• ATTACKS SEXUAL PARTS OF YOUR BODY• DICTATES AND CONTROLS WHAT YOU WEAR

Healthy Relationships: Quiz

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| 1. “Honeymoon phase” is not a phase in the cycle of violence. Abusive relationships are abusive all the time. | TRUE | FALSE |
| 2. Dating violence occurs more often among certain groups of people, especially poor people. | TRUE | FALSE |
| 3. You are more likely to be abused by someone you know, like a friend or partner, than by a stranger. | TRUE | FALSE |
| 4. The purpose of dating violence is to gain power and control over another person. | TRUE | FALSE |
| 5. Stalking and harassment can happen both online and in person. | TRUE | FALSE |
| 6. It is hard to tell if someone is experiencing abuse or violence – they may act normal and try to hide any evidence due to embarrassment or fear. | TRUE | FALSE |
| 7. Means of gaining power and control include peer pressure, using social status, and using threats. | TRUE | FALSE |
| 8. Girls never abuse guys. | TRUE | FALSE |
| 9. If you know someone in an abusive relationship, you should just tell them to break up with that person. | TRUE | FALSE |
| 10. There are many different types of abuse, and not all of them leave visible marks. | TRUE | FALSE |
| 11. After people break up, the relationship is over and violence or abuse ends. | TRUE | FALSE |
| 12. “Deny, minimize, blame” means someone will sincerely apologize for their behaviour. | TRUE | FALSE |

