

Even if we broke up, I would see him all the time. There's no way out.

I deserve this. She told me she will kill herself if I leave.

We broke up before, but she always convinces me to come back.

I can handle this. It's not so bad all the time.

This is what my parents' relationship was like. It must be normal.

I am scared to be alone.

I've never heard of a guy being abused.

He has never actually hit me, so it's not really abuse.

It started off great, and I really love her. I know we can fix our problems.

He will hurt me if I leave.

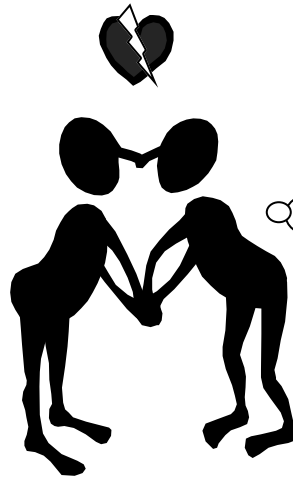
She has a job - I wouldn't have any money if we broke up.

We have a kid together - I don't want to be a single parent.

He only acts jealous because he loves me so much.

Everyone always tells me how lucky I am to be with her.

If we broke up, I would lose all of my friends.



Abusers often have low self-esteem.

People who are abusive often don't feel good about themselves. They may be worried that no one will like them, or afraid their partner will leave them. They think that if they act tough and scare others no one will see they are really afraid.

Some people think that if you love someone you need to control them. They think that controlling someone is like taking care of them. They don't want their partner to make any decisions; they want to control who their partner talks to, where they go and what they do.

Abusers may believe that love is about control.

Abusers may not have good communication skills.

Abusers may have trouble dealing with problems or be unable to talk about their feelings. They may believe partners should never disagree or have differences of opinion. Instead of learning to communicate, they rely on violence to "solve" their problems.

Some people think they "own" their partner and have a right to control them. They are unreasonably jealous and don't respect their partner as a person.

They believe their partner "owes" them sex, and don't consider their partner's feelings.

Abusers may believe they own their partner.

Abusers may believe the myths.

In society, men are often portrayed as macho, tough and in control. Women are often shown as weak, vulnerable and submissive, or the other extreme: sexy, manipulative and selfish. Girls are taught to "make peace", and guys are taught to be a "real man". Some people believe they are worthless unless they are in a relationship. Many still believe that abuse only happens in heterosexual relationships.

EXIT PASS

Name(s): _____

Date: _____

Write your group's quote below:

What do you think your quote means?

Do you think it's true? Why or why not?

Provide evidence of why you think your quote is true or untrue, using examples from real life (point form).

Get involved! Speak out!

It's great that you want to get involved, and it's good to speak out to others, but first of all - you need to look at your own attitudes and your own behaviour.

Make sure all your relationships with people are built on respect and equality. Promote self-esteem and healthy relationships.

Challenge behaviour that is sexist, abusive, racist or homophobic. Remember - not speaking out when someone says something hurtful says you are okay with it.

Practice honest and caring communication with people. Speak the truth about your feelings and don't compromise your beliefs or values.

MAKE A DIFFERENCE!
Join with others to speak out and change things for the better!! Learn more about the issues and share what you've learned with your peers.

Be a role model for healthy behaviour.