

ASK YOURSELF, COULD I BE...

An Abuser?

- Are you jealous of your girl/boyfriend's other friends?
- Do you criticize, insult or put her/him down?
- Do you threaten to harm him/her to get your way?
- Do you break things to scare her/him?
- Have you pulled, kicked, hit, thrown down, shoved, choked or thrown things at him/her?
- Do you blame others when you get caught doing something wrong?
- Are you using drugs or alcohol?
- Do you believe you have the right to hit her/him if s/he does something you don't like?
- Do you try to make her/him afraid to say No to you?
- Do you try to make her/him feel guilty for not doing what you want?

Being Abused?

- Does your girl/boyfriend get mad when you spend time with your friends?
- Does s/he criticize, insult or put you down all the time?
- Does s/he threaten you to get his/her way?
- Does s/he break things to scare you?
- Has s/he pulled, kicked, hit, shoved, choked, thrown you down or thrown things at you?
- Does s/he blame you when s/he hurts you?
- Does s/he use drugs or alcohol?
- Do you worry about how s/he will react to things you do?
- Does s/he like to hurt animals?
- Are you afraid to say "NO" to him/her?
- Do you feel like it's your fault when s/he hurts you?

If you have answered YES to most of the questions on either list, it is time to check your relationship. You are probably in a dangerous and unhealthy situation. Talk to someone you trust about what is happening. Even if you have already gotten out of the relationship, you can still talk about it. **NO ONE DESERVES TO BE ABUSED! AND YOU DON'T MAKE SOMEONE HURT YOU. THAT PERSON MAKES A CHOICE THAT S/HE IS RESPONSIBLE FOR. IT'S NEVER TOO LATE TO ASK FOR HELP.**



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www.blackburncenter.org www.pcar.org www.teenpcar.org www.pcadv.org

