# Am I in a healthy relationship?

Some people do not recognise they are in an unhealthy or abusive relationship because there may not be physical violence.

# Assuming consent Degrading Blaming Sexual behaviour without Being put down or humiliated or using consent being freely given Being made to - being pressured, blackmailed **Financial abuse** feel responsible, your personal secrets or made to feel guilty for saying at fault and against you. Limiting your access 'no' to any sexual activity. wrong. and controlling how Just because you don't you spend your physically resist, it does money. not mean yes. Coercive Gaslighting Threatening Wearing down your control confidence through Threats to kill or manipulative behaviour, hurt you, your friends, causing you to feel family, pets or confused & creating **Does someone** themselves. self-doubt. in your life behave like this? Technological Harassment abuse Aggressive pressure Viewing your text

messages, emails and social media without consent. Checking your phone or controlling access.

# Stalking

Being followed or your partner constantly checking what you are doing and where you are.

# Isolating

**Being stopped** from seeing family or friends & made dependant on your partner.

or intimidation, constant calling or messaging.

# Interrogation

**Being questioned** constantly & told that you are lying.

# Support is just a phone call away

**Emergency and life** threatening situations **Call 000** 

Follow Newcastle Domestic Violen

1800 Respect 1800 737 732 24hr DV Advice Line 1800 656 463 Mensline 1300 789 978 Newcastle WDVCAS 4940 8766

Jenny's Place 4927 8529

Link2Home 1800 152 152 NOVA for Women & Children 1800 679 654 Warlga Ngurra 4950 1566

Family Connect and Support 1300 006 480 Got Your Back Sista 4989 2777 Hunter Womens Centre 4968 2511 Staying Home Leaving Violence 4926 3577



扫描杳看简体中文版 Changanua kwa Kiswahili Ji bo Kurdî Kurmancî skan bik Ouét qua để đọc tiếng Việt สแกนเพื่อภาษาไทย

ةيبر علا ةغلل حس دینک نکسا پسر اف پار

# Thanks to

 Georges River Council in partnership with St George Domestic Violence Committee • NSW Police Force (Northern Region) Domestic & Family Violence Coordinator

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