



### Do You:

- Sometimes feel scared of how your partner acts?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself (how you dress; who you talk to)?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel that your partner is never happy with you?
- Stay with your partner only because you are afraid of what your partner would do if you broke up?

### Does Your Partner:

- Embarrass or make fun of you in front of your friends? Family? Teachers?
- Put down your accomplishments or goals?
- Make you feel like they are smarter and that you are unable to make decision?
- Use intimidation or threats to get their way?
- Tell you that you are nothing without them?
- Treat you roughly – grab, push, pinch, shove or hit you?
- Call or show up multiple times to make sure you are where you said you'd be?
- Use drugs and alcohol to justify their behavior?
- Blame you for how they feel?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there "is no way out" of the relationship?
- Make you feel like everything that goes wrong is your fault?

Find out if you may be in an abusive relationship. Take the POP QUIZ!

If you check even one you may be in an abusive relationship.



*If you are in an abusive relationship Haven House is here to help. Make the call today!*

**Dating Violence will often escalate to domestic violence. Play it smart, be careful, and know the signs.**

For Victims of Domestic Violence & Sexual Assault

**24 HOUR CRISIS LINE**

**1-800-440-4633**