



*This isn't love...*  
**THIS IS CONTROL**



*Ehara tēnei i te aroha...*  
**KO TE MAHI TAIKAHA KĒ**

# What does an abusive relationship look like?

Emotional/mental abuse is when someone's actions/ words make you upset or make you feel bad about yourself. Emotional/mental abuse can include:

- insults
- put-downs
- controlling behaviour
- shaming
- threatening
- blaming
- pressuring
- bullying
- isolating from family/friends
- being jealous
- breaking things.

Physical abuse is when someone's actions hurt you or cause you physical pain. Physical abuse can include:

- pushing
- slapping
- punching
- kicking
- choking
- burning
- having your hair pulled
- being hit with something.

*If any of these things are happening to you, you may be in an abusive relationship.*

Sexual abuse is when someone's actions hurt you sexually. Sexual abuse can include:

- being pressured into having sex, touching, kissing, fondling, oral sex, or intercourse
- being forced to pose for nude photos, made to look at pornography, or being "loaned out" for sex.

Another type of sexual abuse is when someone stops you taking your contraception – or they might damage it or remove it.

Relationship abuse is not your fault – abusers are responsible for their behaviour. If you are in an abusive relationship, you may need to end it. This may not be an easy thing to do – but there are places you can go for help.

**If you are in danger call the Police on 111. For Help contact:**

**SAFE TO TALK**  
 0800 044 344

**SHAKTI**  
 0800SHAKTI  
 (0800 742 584)  
 For refugee and migrant women.

**SHINE**  
 0508 744 633

**WOMEN'S REFUGE**  
 0800 REFUGE  
 (0800 733 843)

**STOPPING VIOLENCE SERVICES**  
 08004SVSSVS  
 (0800 478 778)

**YOUTH LAW**  
 0800 UTHLAW  
 (0800 884 529)

**YOUTHLINE**  
 0800 376 633  
 Free text 234

## THIS IS LOVE... KO TE AROHA TĒNEI...

## THIS ISN'T LOVE... EHARA TĒNEI I TE AROHA...

- ✓ You both feel good about yourselves and each other
- ✓ You feel safe
- ✓ You have a good friendship, not just a sexual relationship
- ✓ You have freedom to do your own thing
- ✓ You have time to see your friends
- ✓ You have your own interests
- ✓ Your opinions are respected
- ✓ When you have an argument you can talk about it
- ✓ You can respectfully disagree with each other
- ✓ You feel safe saying no to sexual activity
- ✓ You make decisions together
- ✓ You have fun together
- ✓ If you want to end it, your decision is respected

Abuse is wrong – always.

You deserve respect.

Someone who loves you helps you feel good about yourself.

If you are being hurt or abused – it is not your fault.

You don't need to do (or wear, or be) anything you don't want to.

- ✗ You are being controlled by your partner
- ✗ You talk to someone else and your partner gets angry or jealous
- ✗ Your partner talks aggressively to you, threatens to hurt you, or does hurt you
- ✗ Your partner calls you names, puts you down, makes you feel bad
- ✗ Your partner uses force, threats or bribes to make you do things you don't want to do
- ✗ Your partner threatens to harm your family, friends, pets or property

## THIS IS CONTROL!

Does this sound familiar? Turn the page for help. If you are physically or emotionally abusing others, you need help. If you want to change your behaviour – with help – you can.

[www.whiteribbon.org.nz](http://www.whiteribbon.org.nz)

