

## What if you want out????

- ♥ Talk to your parents, a friend, a counselor or someone else who you trust and can help.
- ♥ Don't meet your partner alone. Avoid being alone at school, your job, on the way to and from places.
- ♥ Safety Plan— Plan and rehearse what you would do if your partner becomes abusive.

*If you know of friends in a violent relationship, you can help by:*

- ♥ Not ignoring the signs of abuse. Talk to your friend.
- ♥ Listen to your friend
- ♥ Be supportive, don't judge—help them identify options
- ♥ Express concerns about your friend
- ♥ Refer them to services that can help.....

Printing of this brochure funded by: *Gambling Community Benefit Fund*

**You are NOT alone!!**

**You can talk to...**



### **Domestic Violence Prevention Centre Counselling: 5532 9000**

- To talk
- To get support
- To seek information
- To arrange to see a counselor

Open from Monday, Tuesday  
Thursday, Friday  
9am—5pm  
Wednesdays 9am—1pm

Admin: **5591 4222** Facsimile: **5571 1508**  
PO Box 409 Southport QLD 4215  
Website [www.domesticviolence.com.au](http://www.domesticviolence.com.au)

#### **Other Useful Telephone Numbers**

Kids Help Line

**1800 511 800**

D V Connect Domestic Violence Line

**1800 811 811** 7 Days, 24hours

Women's Legal Service

**1800 677 278**

Police Prosecutions

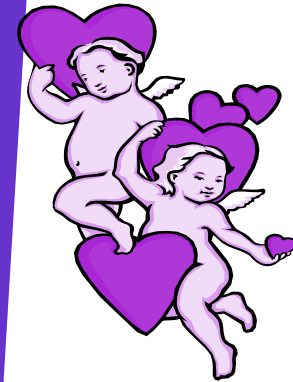
**55 71 4383**

Southport Courthouse

**5583 5900**

Coolangatta Courthouse

**5536 3133**



## **DATING**

**FOR YOUNG PEOPLE WHO  
HAVE OR ARE EXPERIENCING  
VIOLENCE  
IN THEIR RELATIONSHIPS**

Produced By  
Domestic Violence Prevention Centre  
Gold Coast

## A Healthy Relationship

A healthy relationship allows you time and space to do your own things as well as enjoying time with each other so...

- ♥ Pursue your own interests.
- ♥ Maintain and respect your own friendships and encourage your partner to do the same.
- ♥ Maintain your own values and beliefs

*D*ating is about sharing, enjoying each others company and having fun. If you feel afraid of your partner, controlled or intimidated, it is time to take a closer look at your relationship.

REMEMBER

*Dating Violence is not your fault*

## Unhealthy relationships

**An unhealthy relationship is controlling. It doesn't allow you time and space for you to do your own things.**

### Warning Signs



- Jealousy— your partner doesn't like you talking to anyone else.
- Control—they want to know your every move and who you are with all the time.
- Blame—they blame you for things that go wrong
- They make sexist, derogatory jokes or expect sex on demand
- They ignore your opinions and objections.

If any of these things are happening, your partner is attempting to control you, put you down and make you feel less confident about Yourself.



DANGER

*Are you going out with someone who....*

- ⇒ Intentionally does dangerous things that scare you?
- ⇒ Is jealous and possessive, won't let you have friends, checks up on you, or won't accept you breaking up?
- ⇒ Makes threats to leave you or kill you or themselves if you don't do what they say?
- ⇒ Threatens to hit you, hurt your friends, your family or your pets?
- ⇒ Gets very angry about small unimportant things?

**BRUISES HEAL BUT HEARTS DON'T SO PLEASE DON'T IGNORE THE SIGNS ...**

**TALK TO SOMEONE**