

CHECKLIST

DOES YOUR PARTNER...

- Abuse alcohol or other drugs?
- Have a history of trouble with the law, get into fights, or break and destroy property?
- Blame you for how you are treated, or for anything bad that happens?
- Abuse siblings, other family members, children or pets?
- Put down people, including your family and friends, or call them names?
- Always get angry at someone or something?
- Try to isolate you and control whom you see or where you go?
- Nag you or force you to engage in sexual acts when you don't want to?
- Get rough with you (push, shove, pull, yank, squeeze, restrain)?
- Take your money or take advantage of you in other ways?
- Accuse you of flirting with others or of cheating?
- Threaten suicide if you talk about breaking up?
- Tell you to shut up or call you dumb, stupid, fat, or other names?

DO SEEK HELP EARLY

HELP LINES

ComCare Call
1800 222 0000

FAMILY VIOLENCE SPECIALIST CENTRES

PAVE
6555 0390

<http://www.pave.org.sg>

TRANS SAFE Centre
6449 9088

<http://www.transfamilyservices.org.sg/safe.html>

Care Corner Project StART
6476 1482

<http://www.carecorner.org.sg/start.html>

You can also find more information at:

<http://www.stopfamilyviolence.sg>



National Family Violence Networking System



DATING VIOLENCE DESTROYS LIVES

SEEK HELP EARLY



If you or someone you know is experiencing dating violence,
call ComCare Call at **1800 222 0000**

Visit www.stopfamilyviolence.sg

WHEN LOVE HURTS — PROTECT YOURSELF FROM DATING VIOLENCE



WHAT IS DATING VIOLENCE?

Dating violence occurs in a dating relationship when one partner uses a pattern of abusive behaviours to exert control and power over the other.

THERE ARE VARIOUS FORMS OF DATING VIOLENCE

PHYSICAL ABUSE

Using physical force to scare or injure you. It can include pinching, shoving, hitting, slapping, grabbing, kicking, throwing, shaking and choking.

EMOTIONAL & PSYCHOLOGICAL ABUSE

Deliberately doing something to make you feel weak and vulnerable; threatening behaviour such as insults, mind games, yelling, harsh criticism, jealousy, over possessiveness, humiliation and isolation from your friends and relatives.

SEXUAL ABUSE

Making you do anything you do not want to do or refusing to have safe sex. It includes unwanted touching, fondling or groping, forced sexual activities, pressure to have sex, or even threats of sexual violence.

SIGNS AND SYMPTOMS OF ABUSE

PHYSICAL

Signs could include, but are not limited to:

- Bruises and cuts
- Broken bones
- Internal injuries
- Tears or bruises in the genital or anal areas
- Unwanted pregnancy



EMOTIONAL & PSYCHOLOGICAL

Signs could include, but are not limited to:

- Loss of self-esteem
- Sleep disturbances
- Suicidal behaviour
- Inability to concentrate
- Feelings of shame, anxiety, hopelessness and terror
- Depression and anxiety
- Isolation from friends and family

SOME OTHER SIGNS THAT YOU MAY BE IN AN ABUSIVE RELATIONSHIP

- You are afraid to break up with your partner
- You feel confined, for example, you always have to keep your partner constantly informed of your whereabouts
- You worry that you may not be good enough for your partner or that your partner would leave you
- You are unhappy or depressed in the relationship, and find yourself crying a lot
- You worry and obsess about how to please your partner, which may include wanting to change your appearance or your personality for your partner

Remember: It is never alright for your partner to try and control or hurt you.

YOU HAVE THE RIGHT:

- To be treated as an equal and with respect
- To have a healthy relationship with someone who is not controlling or excessively jealous
- To not be afraid of being hurt physically
- To refuse sex at anytime, for any reason
- To have activities apart from your partner and to be able to spend time by yourself and with friends or family
- To end a relationship for any reason you choose, without being put under pressure, threatened, or made to feel guilty