

Whether you are being abused by your partner or you know somebody being mistreated, **NEVER** blame the victim and **NEVER** blame yourself. No one deserves to be put down and hurt no matter what they said or did.

An abusive person is accountable for their actions – what they are doing is wrong and some of their tactics are against the law.

Hurtful and controlling behaviour is **Not a sign of love.**

No one deserves to be abused!



Safer Families...Safer Communities

This card was created by



Public Legal Education
and Information Service
of New Brunswick

For information about intimate partner violence, the law, services for victims, and more, go to:

www.legal-info-legale.nb.ca
(Just click on *Abuse and Violence*)

OR call **1-888-236-2444**

For help making a safety plan or ending the abuse, contact:

Am I a Victim of Intimate Partner Violence?

Is someone I know at risk of being harmed?

There are usually warning signs that suggest a friend, family member, co-worker or neighbour is experiencing intimate partner violence.





Many people ignore the hurtful and controlling behaviour that happens between partners. After all, they're in love. Things will surely get better.

People may make excuses for the behaviour or ask the woman experiencing abuse - Did you push his buttons by nagging; wear the wrong clothes; or talk to somebody he doesn't like?

Sometimes, women even begin to blame themselves. What have they done to set him off?

People say these things because they do not recognize the signs of intimate partner violence. Such comments just allow the abuse to continue.

If you can answer YES to these questions, then you or someone you know is being abused. Does your partner . . .

- Always have to be right?
- Put you down?
- Decide what to do, where to go, and when to do it?
- Try to tell you how to wear your hair or what clothes to wear?
- Say you are too fat, too skinny, ugly, or stupid?
- Call you humiliating names?
- Control all the money?
- Threaten suicide if you leave?
- Insist on knowing all your passwords?
- Check your cell phone and tablet?
- Get upset or jealous when you do things alone with your friends?
- Insult the type of work you do or the kind of courses you take at school?
- Pressure you to have unwanted sex?
- Threaten to hit you, harm your pets or break things?
- Slap, kick or punch you?
- Use a firearm to threaten you?
- Blame the abusive behaviour on drinking?

