



Metropolitan Organization to Counter Sexual Assault

24 Hour Crisis Line:
MO (816) 531- 0233
KS (913) 642-0233
www.mocsa.org

How do you know if you're in an abusive relationship?

If your partner...

- Calls you names or puts you down.
- Gets jealous when you talk to people of the opposite sex.
- Wants you to spend all of your time with him/her and gets angry when you hang out with your friends or family.
- Often checks up on where you are, what you're doing, and who you are with.
- Threatens to hurt you, someone you know, or himself/herself if you leave.
- Makes decisions for you or tries to control what you do.
- Loses his/her temper easily.
- Pressures you for sex or sexual acts.

What can you do if you're in abusive relationship?

- ✓ **Talk to someone.** Whether it's a friend, parent, counselor, coach, hotline, or someone else, talk to someone. You are not alone, and you don't have to handle this by yourself.
- ✓ **When you decide to break up, write down all the reasons why you want to do it.** It can be hard after you break up with them, and it helps to have a reminder of why you chose to do so in order to give you strength.
- ✓ **Keep any harassing notes, texts, e-mails, or voicemails.**
- ✓ **When you decide to break up, don't do it alone.** The most dangerous time in an abusive relationship is when you try to leave it. Make sure you take a friend with you and do it in a public place.
- ✓ **If you are afraid of what that person will do, send a text or call.** Although it might seem impersonal, your safety is more important.
- ✓ **Let friends and parents know you are ending the relationship.**
- ✓ **Set your privacy settings on any social networking sites.** Block your partner from seeing your profile so they can't harass or stalk you. Encourage your friends to do the same.

Find us at **MOCSAkc**



This grant project is funded by the State General Fund as administered by the Kansas Governor's Grants Program. The opinions, findings and conclusions, or recommendations expressed in this publication, program, or exhibition are those of the author(s) and do not necessarily reflect the views of the Office of the Kansas Governor.

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