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.