



# partners without violence

[www.weekwithoutviolence.ywca.org.au](http://www.weekwithoutviolence.ywca.org.au)

## TAKE OUR RELATIONSHIP QUIZ!

### HOW ARE YOU TREATED - ARE YOU?

- frightened of your partner's temper?
- afraid to disagree with them?
- find yourself apologising to yourself and others for their behaviour?
- frightened by their violence towards others?
- ever kicked, shoved or having things thrown at you?
- not allowed to see friends or family?
- ever forced to have sex?
- ever afraid to say no to sex?
- forced to justify everything you do, every place you go, every person you see to avoid his or her temper?
- wrongly and repeatedly accused of flirting or having sex with others?
- unable to go out, get a job, or go to school without permission?

### HOW DO YOU TREAT THEM - DO YOU?

- behave jealously or possessively?
- have an explosive temper?
- consistently ridicule or criticise?
- become violent when drinking and/or using drugs?
- break or throw things at them?
- hit, push, kick or injure them?
- threaten to hurt them or someone close to them?
- force them to have sex?
- threaten suicide if they were to leave?
- make them account to you for every moment they are away?
- spy on them or call constantly to check up ?

**If you answered yes to two or more of these quiz questions it is possible that you are in an abusive relationship.**

If you think you, or someone you know may be in an abusive relationship get some help. Counselling for domestic violence is available from you doctor, local community health centre, or family support services. 24 hour phone counselling and referral is available through *Lifeline* on 131 114 or at *Kids Helpline* for those aged 5-18 on 1800 55 1800. Visit When Love Hurts: [www.dvirc.org.au/whenlove/](http://www.dvirc.org.au/whenlove/)  
Or Reachout: [www.reachout.com.au](http://www.reachout.com.au) – for more information & links to services for men & women across the country.

**Imagine a week of open minds not closed fists  
– let's make it a reality**

