A Non-Abusive Person:

- is cheerful
- consistent
- supportive
- tells you look good
- tells you you’re competent
- uses your name
- trusts you
- trusts your judgment
- welcomes your friends and family
- encourages you to be independent
- supports your learning, career etc.
- admits to being wrong
- is a responsible parent
- is an equal parent
- does their share of the housework
- accepts that you have a right to say ‘no’ to sex
- shares financial responsibility
- takes responsibility for their own well-being and happiness

For advice and support
Call National Domestic Abuse Helpline (24 Hrs)
0808 2000 247
or go to www.bava.org.uk
An Abusive Person:

- shouts
- sulks
- smashes things
- glares
- calls you names
- makes you feel ugly and useless
- cuts you off from your friends
- stops you working
- never admits they are wrong
- blames you, drugs, drink, stress etc.
- turns the children against you
- uses the children to control you
- never does their share of the housework
- never looks after the children
- expects sex on demand
- controls the money
- threatens or wheedles you to get their own way
- seduces your friends/sister/brother/anyone

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