

8 before it is too late.

1 Intensity

Excessive charm, **LYING** to cover up insecurity, needing to win over your friends & family immediately, **OVER THE TOP** gestures that seem too much too soon, **BOMBARDING** you with numerous texts & emails in a short time, behaving obsessively, insisting that you get serious **IMMEDIATELY**.

2 Jealousy

Behaving **IRRATIONALLY** when you interact with other people, becoming **ANGRY** when you speak with the opposite sex, persistently **ACCUSING** you of flirting/cheating, resenting your time with friends & family, **DEMANDING** to know private details of your life.

3 Control

TELLING you how to wear your hair, when to speak or what to think. Showing up **UNINVITED** at your home/school/job. **CHECKING** your mobile, emails, Facebook etc. going through your belongings, timing/**FOLLOWING** you, sexually coercing you.

4 Isolation

INSISTING you only spend time with him or her, making you emotionally or psychologically **DEPENDENT**, and preventing you from seeing your family or friends. **FORBIDDING** you from going to school or work, **RIDICULING** your friends or social circle.

5 Criticism

Calling you overweight, **UGLY**, **STUPID** or crazy. Ridiculing your beliefs, ambitions or friends, telling you he or she is the only one who really cares about you, **BRAINWASHING** you to feel worthless.

6 Sabotage

Making you **MISS** work, school, an interview, test or competition by starting a fight, having a **MELTDOWN** or getting sick, breaking up with you or **HIDING** your keys, wallet, textbooks, bag or phone, **STEALING** your belongings, **UNDER-MINING** your plans, dreams, & self-esteem while pretending it's because they 'love you'.

7 Blame

Making you feel **GUILTY** & responsible for their aggressive or **DESTRUCTIVE** behaviour, blaming the world or you for their **PROBLEMS**, always saying 'This is your **FAULT**' or 'You made me do this'.

8 Anger

OVERREACTING to small problems, frequently losing control, violent **OUTBURSTS**, having severe mood swings, drinking or partying excessively when upset, **THREATENING** to hurt you or loved ones, picking **FIGHTS**, having a history of violent behaviour & making you feel **AFRAID**.

Activity – Relationship Abuse Poster

Pick one of these types of abuse in a relationship & design a poster to make people aware of this type of abuse or your own '8 before it's too late' Poster. Look up on the internet for agencies or websites that offer support & list these on your poster. E.g. www.endabuse4good.org www.crasac.org.uk