



Provincial Advisory Council on the Status of Women

NEWFOUNDLAND & LABRADOR

Loves me...

Makes me feel safe
Makes me feel comfortable
Listens to me
Values my opinion
Supports my goals
Is truthful with me
Admits to being wrong
Respects me
Always tries to understand
how I feel
Likes that I have other
friends
Makes me laugh
Trusts me
Treats me as an equal
Respects my family
Understands my need for
time alone or with family
Accepts me as I am

**These are the qualities
of a healthy relationship.**

**Everyone deserves
to be loved.**



www.pacsw.ca



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Loves me not...

Makes me feel afraid
Is possessive
Is always "checking up"
on me
Is sexually demanding
Teases, bullies and puts
me down
Gets violent, loses
temper quickly
Tries to control me
Keeps me from seeing
my friends and family
Makes all the decisions
Hits me
Takes my money
and other things
Always blames me
Threatens to leave me if
I don't do what I'm told

**If you recognize these signs,
you or someone you know may
be a victim of abuse.**

You are not alone...

Call for Help Now!

Domestic Violence
Help Line

1-888-709-7090

End Sexual
Violence NL

1-800-726-2743

www.gov.nl.ca/vpi