

WHAT DO I NEED TO DO TO MAKE MY PARTNER CHANGE ???

It's not up to you to change your partner! It is he who must be aware of the unacceptable attitudes he shows towards you.

On the other hand, you must know that the violence increases almost always over time if you do not put an end to it quickly. It does not diminish on its own.

You must also know that many girls are told that it is their fault if the relationship goes wrong (which is false). They will try to change themselves believing this will save their relationship.



WHAT CAN I DO TO PREVENT IT FROM HAPPENING TO ME ???

1. The first thing is to assert yourself. Express what you want, what you like and what you do not like.
2. Never do anything if you feel obligated.
3. Make sure that at all times and wherever you go, you can go home without the help of your partner.
4. Talk with friends or girlfriends of confidence.

YOUR RIGHT TO SAY NO IS UNASSAILABLE –
Always remember :

1. That you have the right to say no and change your mind even at the last minute.
2. That no one has the right, for any reason, to force you to do anything if you do not want to do it.
3. That you owe nothing to your partner, even if he showers you with gifts.
4. That no one has the right to hurt you in any way.
5. It's always healthier to trust your feelings.
6. That you are not responsible for the violence or oppression you endured.

WHAT TO DO IF IT HAPPENS DESPITE ALL THE PRECAUTIONS???

Tell someone you trust :

- Ø Your parents
- Ø A friend
- Ø A teacher
- Ø A nurse or a social counsellor at your school
- Ø A women's shelter for victims of domestic violence
- Ø An assault prevention help centre
- Ø 911
- Ø etc.