

Being Abusive... What You Can Do

<p>Examine your attitudes about women and girls.</p> <ul style="list-style-type: none"> • Do you think women are too sensitive, overly emotional or irrational? Easily dismiss a woman's ideas? Make sexual jokes or comments on women's bodies? • These attitudes reveal a belief that women are inferior to men, and need to be controlled. Someone who believes it is his right to control women often chooses to use violence to do so. • Think about the women in your life and what role(s) you want them to play. Genuinely respecting these women requires you to examine and challenge any sexist beliefs you may hold. 	<p>Power Over vs. Power With.</p> <ul style="list-style-type: none"> • Do you need to have your way all the time? Do you believe that to be a "real man" you must be in control? • Interrupting, being excessively possessive, and criticizing your partner all the time are examples of controlling tactics used in a relationship that is unhealthy and abusive. • Healthy relationships are based on equality; they require that partners participate equally in all aspects of the relationship, share power, feelings and concerns, and respect each other's emotional and physical boundaries.
<p>Give respect to get respect.</p> <ul style="list-style-type: none"> • Insults, putdowns, and teasing are all forms of disrespect. Disrespect can sound something like "You say the stupidest things," "You look fat in that dress," and "You're nothing without me." No matter what it sounds like, disrespect hurts. • Respecting your partner means actively listening to what they say and need, and trying to understand their point of view. It also means valuing their worth as an individual and respecting what is important to them. • In a respectful relationship, each person has the right to physical and emotional boundaries, to speak their mind without fear, and to share in the decision making. 	
<p>Admit there is a problem.</p> <ul style="list-style-type: none"> • Recognize that abuse ranges from emotional (mind games) to economic (controlling all the money) to physical and to sexual violence, and that all forms of violence are unacceptable. • Know that you can choose not to abuse, make a commitment to yourself not to use violence, and respect it! 	<p>Consider finding help.</p> <ul style="list-style-type: none"> • It takes courage and strength to seek help, and you deserve to live a life without violence. • Talk to a trusted friend or mentor. Know that you can get referrals and help from a crisis or counselling centre. • You do not have to wait until you sexually assault or batter to access any of these resources.

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