






## Loves Me Not...

- is jealous 
- is possessive
- tries to control me
- gets violent loses temper quickly
- always blames me
- is sexually demanding
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others
- hits me 
- makes me cry
- makes me feel afraid
- is always "checking up" on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told 
- teases, bullies and puts me down



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




You are not alone...  
Call for help now!

Women's Outreach ..... 403-347-2480  
 Sexual Assault Crisis Line ..... 403-356-1099  
 Women's Shelter - Red Deer ..... 1-866-346-5643  
 Women's Shelter - Rocky Mtn Hse ..... 1-877-845-4141  
 Women's Shelter - Camrose ..... 1-877-672-1010

Bookmark is compliments of Soroptimist International of Central Alberta and Women's Outreach



## Loves Me Not...

- is jealous 
- is possessive
- tries to control me
- gets violent loses temper quickly
- always blames me
- is sexually demanding
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others
- hits me 
- makes me cry
- makes me feel afraid
- is always "checking up" on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told 
- teases, bullies and puts me down



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




You are not alone...  
Call for help now!

Women's Outreach ..... 403-347-2480  
 Sexual Assault Crisis Line ..... 403-356-1099  
 Women's Shelter - Red Deer ..... 1-866-346-5643  
 Women's Shelter - Rocky Mtn Hse ..... 1-877-845-4141  
 Women's Shelter - Camrose ..... 1-877-672-1010

Bookmark is compliments of Soroptimist International of Central Alberta and Women's Outreach



## Loves Me Not...

- is jealous 
- is possessive
- tries to control me
- gets violent loses temper quickly
- always blames me
- is sexually demanding
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others
- hits me 
- makes me cry
- makes me feel afraid
- is always "checking up" on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told 
- teases, bullies and puts me down



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




You are not alone...  
Call for help now!

Women's Outreach ..... 403-347-2480  
 Sexual Assault Crisis Line ..... 403-356-1099  
 Women's Shelter - Red Deer ..... 1-866-346-5643  
 Women's Shelter - Rocky Mtn Hse ..... 1-877-845-4141  
 Women's Shelter - Camrose ..... 1-877-672-1010

Bookmark is compliments of Soroptimist International of Central Alberta and Women's Outreach



## Loves Me Not...

- is jealous 
- is possessive
- tries to control me
- gets violent loses temper quickly
- always blames me
- is sexually demanding
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others
- hits me 
- makes me cry
- makes me feel afraid
- is always "checking up" on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told 
- teases, bullies and puts me down



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

You are not alone...  
Call for help now!

Women's Outreach ..... 403-347-2480  
 Sexual Assault Crisis Line ..... 403-356-1099  
 Women's Shelter - Red Deer ..... 1-866-346-5643  
 Women's Shelter - Rocky Mtn Hse ..... 1-877-845-4141  
 Women's Shelter - Camrose ..... 1-877-672-1010


Bookmark is compliments of Soroptimist International of Central Alberta and Women's Outreach



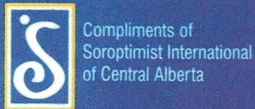


## Loves Me...

- makes me feel safe
- makes me feel comfortable 
- listens to me 
- values my opinions
- supports what I want to do in life
- 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 needs for time alone or with family
- accepts me as I am

 These are the qualities of a healthy relationship. Everyone deserves to be loved.

### DOMESTIC VIOLENCE PREVENTION INITIATIVE




**Soroptimist International**  
Improving the lives of women and girls locally and throughout the world.

[www.soroptimist.org](http://www.soroptimist.org)

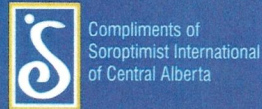


## Loves Me...

- makes me feel safe
- makes me feel comfortable 
- listens to me 
- values my opinions
- supports what I want to do in life
- 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 needs for time alone or with family
- accepts me as I am

 These are the qualities of a healthy relationship. Everyone deserves to be loved.

### DOMESTIC VIOLENCE PREVENTION INITIATIVE




**Soroptimist International**  
Improving the lives of women and girls locally and throughout the world.

[www.soroptimist.org](http://www.soroptimist.org)

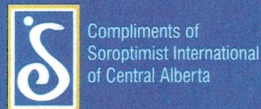


## Loves Me...

- makes me feel safe
- makes me feel comfortable, 
- listens to me 
- values my opinions
- supports what I want to do in life
- 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 needs for time alone or with family
- accepts me as I am

 These are the qualities of a healthy relationship. Everyone deserves to be loved.

### DOMESTIC VIOLENCE PREVENTION INITIATIVE




**Soroptimist International**  
Improving the lives of women and girls locally and throughout the world.

[www.soroptimist.org](http://www.soroptimist.org)



## Loves Me...

- makes me feel safe
- makes me feel comfortable 
- listens to me 
- values my opinions
- supports what I want to do in life
- 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 needs for time alone or with family
- accepts me as I am

 These are the qualities of a healthy relationship. Everyone deserves to be loved.

### DOMESTIC VIOLENCE PREVENTION INITIATIVE



**Soroptimist International**  
Improving the lives of women and girls locally and throughout the world.

[www.soroptimist.org](http://www.soroptimist.org)