

The person who is abusing you may seem like two different people—loving some of the time and mean at other times. Most people want the relationship to continue and the abuse to end.

This can be confusing and may make it harder to know what to do. But it is important to know that abuse usually gets worse and can affect your health and safety.

**TOGETHER, WE CAN STOP  
RELATIONSHIP VIOLENCE.**

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If you are being hurt by your boyfriend or girlfriend, talk with your health care provider. We can help you.

*No one deserves to be threatened or abused.*



To find help near you,  
you may also call the  
National Domestic  
Violence Hotline at:  
**1-800-799-7233** or  
**1-800-787-3224** (TTY)

*You deserve  
to be healthy  
and safe...*



*...in your  
relationship.*

# *Is someone hurting you? Talk to us, we can help.*

- Do you have to ask to spend time with friends or family?
- Does your boyfriend or girlfriend put you down or make you feel ashamed?
- Have you ever been pushed or hit, or forced to have sex?
- Have you been forced to drink or do drugs?

If you answered “yes” even once, your boyfriend or girlfriend is abusive.

Health care providers can help you. Talk to us and let us know your boyfriend or girlfriend is hurting you. We can:

- Meet with you privately.
- Listen if you want someone to talk to.
- Help you find counseling or other services you may need.
- Keep records (including pictures) of any injuries.

## **What do I do if I'm worried about my relationship?**

- Talk with someone you trust.
- Call 1-800-799-7233 to:
  - explore your choices
  - talk with someone who will not judge you
  - figure out ways to be safe

Abuse usually gets worse over time. You may not be ready to get help today, but remember to always think about your safety.

# *Together we can stop relationship violence.*