

Are you his  
*Princess*  
one minute

and a  
**STUPID TART**  
the next?



Home Office

**This is abuse. You don't have to stand for it.**

For information and help search



[abuse in relationships](#)

Are you a  
**Dream**   
**BOYfriend**  
by day

AND A  
**CONTROL**  
**FREAK**  
BY NIGHT?



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DO YOU MAKE YOUR GIRLFRIEND  
**WEAK AT  
THE KNEES**

BECAUSE  
**SHE'S  
SCARED**  
YOU'LL HIT HER?

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Does your boyfriend  
tell you you're

**PRETTY?**

**PRETTY UGLY,  
PRETTY STUPID,  
PRETTY FRIGID.**



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It can be very difficult to talk about your feelings and what's happening in your life, but some problems won't go away if you try to sort them out yourself or ignore them. So if you have been affected by an abusive relationship and need advice or want to talk to someone, please visit one of the websites or call one of the numbers below for further help and information.

### **Childline**

[www.childline.org.uk](http://www.childline.org.uk) or telephone **0800 1111**

### **National Domestic Violence Helpline**

Run in partnership between Women's Aid and Refuge

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

or telephone **0808 2000 247** (lines open 24 hours a day)

### **Rape Crisis**

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) or telephone **0808 802 9999**

(lines open daily between 12 noon to 2.30pm and 7pm to 9.30pm)

Calls to the numbers above are free of charge.

## **For information and help**

or to have your say, search



**this is abuse**