

I keep a check on what my partner is doing on her phone/laptop

I always have the final say in what goes on in our home/family

I get angry at my partner often

If you checked at least one of the boxes above, remember that these behaviours are not acceptable.

Do you want to change your behaviours?



You and your partner deserve a life free from violence.

Scan the QR code to access a brave space to talk about your issues.



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I feel jealous when my partner is with other people

I decide how much money my partner has or can spend

I have slapped, beaten, pushed my partner - or threatened to do so

If you checked at least one of the boxes above, remember that these behaviours are not acceptable.

Do you want to change your behaviours?



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I like feeling in control of who my partner meets and when

I keep my partner's passport or other important documents

I think my partner and children are scared of me

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Do you want to change your behaviours?



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