

# **Crossing the Line**

There are some things that should never happen in a relationship. Your relationship has serious problems if any of the following things are happening.

## **Verbal Abuse**

Screaming, swearing, bullying, or calling each other names is never all right.

## **Pushing, Shoving, Hitting, or Kicking in Anger**

## **Trying to Control the Other Person's Behavior**

You always have the right to refuse attention or affection.

## **Threats**

If one of you does not get your way, a threat is made to hurt either the other person or yourself.

## **Breaking or Hitting Objects During an Argument**

If your relationship is crossing the line, the behavior needs to stop right away or the relationship needs to end. If you are having trouble ending a relationship, seek the help of an adult who cares about your well-being.

Talk with an adult you trust about how to end an abusive relationship safely. Use what you have learned to help make your next relationship better.

# **No Excuse for Abuse**

## **Nothing You Say or Do is a Reason to Be Abused**

When things have calmed down, try saying:

- "I hated it when you swore at me. Don't do that again."
- "Don't treat me that way. I have done nothing to deserve being \_\_\_\_\_."
- "If you are upset, tell me. I can try to help, but yelling, screaming, and swearing at me does not help."
- "If you treat me like that again, it's over."

# **Obedience Is Not Respect**

## **Nothing Anyone Says or Does Is A Reason For You To Be Abusive**

You deserve to be liked and respected. Using force, power, or control only gets “your way.” This is not how to get respect.

## **If You Push Your Partner Around, You May Get Your Way, But You Lose Your Partner’s Respect, Support, and Love.**

## **If You Are Crossing The Line, STOP!**

If you can’t stop, get help.

- A teacher, coach, or counselor at school can help you learn how to treat your partner with respect.
- A spiritual leader or an adult at an after-school activity or club can help you learn how to control emotions, like anger or jealousy, and avoid abusive behavior.

By changing your behavior, you can get the true respect, support, and love that you deserve.