

1	Respects your decisions and tastes
2	Accepts your friends and family
3	Trusts you
4	Is happy when you feel fulfilled
5	Gets your approval when making plans together
6	Ignores you on the days when he is angry
7	Blackmails you if you refuse to do something
8	Belittles your opinions and projects
9	Makes fun of you in public
10	Manipulates you
11	Is constantly jealous
12	Controls your outings, clothes, makeup
13	Goes through your texts, emails, apps
14	Insists that you send him intimate photos
15	Isolates you from your family and friends
16	Calls you crazy when you reproach him
17	"Blows a fuse" when he is unhappy about something
18	Pushes, pulls, slaps, shakes or hits you
19	Threatens suicide because of you
20	Touches you intimately without your consent
21	Threatens to circulate intimate photos of you
22	Forces you to watch porn
23	Forces you to have sex

ENJOY

Your relationship is healthy when he...

WARNING. SAY STOP!

There is violence when he...

PROTECT YOURSELF. GET HELP

You are in danger when he...

Fighting against violence towards young women

THE VIOLENCE METER

What is consent? It's the act of giving your approval consciously, freely and explicitly at any given time for a specific situation.

You can change your mind when you want and according to your own reasons. You do not have to justify yourself or be subjected to pressure.



FEMALE VIOLENCE INFO
CALL 3919*

*Anonymous and free