

BE AWARE. ACT BEFORE IT'S TOO LATE.

Abuse or harm in a relationship isn't always impulsive.
Some men realise they have the potential to display harmful behaviour.



DONT BECOME
~~THAT~~ MAN

ARE YOU AWARE OF
THE SIGNS?

DONT BECOME
THAT MAN



CONSIDER THESE SCENARIOS

- Do you think there are right and wrong ways a woman should behave in a relationship?
- Do you ever become anxious, annoyed, or suspicious if you don't know where your partner is?
- Have you ever checked your partner's phone, social media or email accounts?
- Do you ever raise your voice, shout, or grab your partner to make a point?
- Have you ever pushed, grabbed, or hit your partner?
- Have you ever "punished" your partner for something you feel they've done wrong?
- Has anyone ever suggested you change your behaviour towards your partner?

If you or someone you know could answer yes to any of the above, it might be worth a call to our hotline before it's too late.

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