
Signs of an unhealthy relationship

Your boyfriend or girlfriend:

- becomes extremely possessive and jealous and keeps you from your friends and family
- pressures you into having sex when you do not want to
- verbally and emotionally abuses you by yelling, cursing, or spreading rumours
- tries to control you and makes decisions involving both of you without asking you
- drinks too much or uses drugs and then blames the alcohol or drugs on his or her behaviour
- blames YOU for his or her abusive behaviour
- threatens or becomes physically violent to you or your pets

Love Doesn't Hurt Abuse DOES!

If you know of someone who is being abused or if you would like to talk to someone about relationships or abuse, or you would like more information, please call The Crisis Centre on 328.0922 or 322.4999

We are here to help



The Crisis Centre offers free counselling to men, women, teenagers and children who are experiencing any form of abuse or family violence.



LOVE DOESN'T HURT



Photo: Lynda Sanchez

**The Crisis Centre
24-Hour Hotline 328-0922
PO Box EE- 17910
Nassau, Bahamas**

**bahamascrisiscentre@yahoo.com
www.bahamascrisiscentre.org**

Love Doesn't Hurt

Teenage years can be very exciting. This is the time when you start to develop physically and emotionally and find yourself attracted to others.

It can also be a very stressful time with the pressures of home, school and relationships possibly causing conflict in your life.

You want to be independent and to make your own choices but your parents or guardians are still responsible for your well being and may not agree with some of your choices.

You may resent the rules that you have to live by. It is important that you continue to respect your parents or guardians as they just want the best for you.

One of the greatest challenges you might face is being able to recognize the difference between a healthy relationship and an unhealthy relationship.

When you truly love someone, you want the best for them. You want to protect them, nurture them and to show them how much you care. If you love someone, you treat them kindly. Similarly, you expect your girlfriend or boyfriend to treat you well too.

Sometimes we confuse a healthy relationship with an unhealthy one. We might not realize we are being abused.

Anything that makes you uncomfortable could indicate that the relationship is not a healthy one. Love should make you happy and contented, not anxious and stressed. You might want to do things to please your girlfriend or boyfriend but if they are asking you to do something that makes you anxious, then it is time to question whether the relationship is good for you.

If your partner tries to make you do anything that makes you uncomfortable, let him or her know how you feel.

You have the right to say 'NO'. Remember, you are still a young person and you may have other relationships before settling down. Sometimes relationships don't work out and your ex partner may resent the breakup. In some cases ex partners may share explicit photos or videos of you on social media causing a great deal of emotional pain and embarrassment to you and your family. It is safer therefore not to allow anyone to photograph or videotape you in intimate or compromising situations. We often feel that we are in love with the only person we will ever love and we trust that person with all our heart. But partners may let you down and if they are angry or resentful, they may use any means to shame you. It is not your fault but the pain, hurt and shame it might cause you can be devastating.

Just as you do not want anyone to share any intimate photos or videos of you on social media, you should never share any intimate photos or videos of others; in fact it is illegal to do so.