

1 CONTROLLING BEHAVIOR

Constant questioning, limiting partners personal decisions

2 QUICK INVOLVMENT

Fast honeymoon period w/pressure to quicken the relationship

3 ISOLATION

From all resources and support

4 BLAMES OTHERS

For their problems/feelings & makes false accusations

5 HYPER-SENSITIVITY

Hypersensitive, angry, jealous, or possessive

6 VERBAL ABUSE

Constant belittling and putdowns

7 DR. JEKYLL/ MR. HYDE

Sudden mood changes, explosive, extreme behavior

8 THREATS OF VIOLENCE

Or actual physical violence

CONTACT US

OUR MISSION IS TO PROVIDE ADVOCACY FOR
Safety, Empowerment, Healing & Freedom FROM ABUSE.

Pottawatomie County.

313 N Union Ave
Shawnee, OK 74801
Office: 405.273.9953
Fax: 405.273.8890

Lincoln County.

Services Available
Call: 405.273.9953

Crisis Hotline

800.821.9953

 www.projectsafeok.com

 www.facebook.com/ProjectSafe

 www.instagram.com/ProjectSafeShawnee

PROJECT: SAFE IS FUNDED IN PART, AND CERTIFIED BY THE OKLAHOMA ATTORNEY GENERAL. WE ALSO RECEIVE FUNDING THROUGH THE OKLAHOMA DISTRICT ATTORNEYS COUNCIL, AND UNITED WAY OF POTTAWATOMIE COUNTY.

THIS PROJECT IS SUPPORTED BY AWARD NO. 2021-VOCA-PROJECT SAFE-115 AWARDED BY THE DEPARTMENT OF JUSTICE, OFFICE FOR VICTIMS OF CRIME. THE OPINIONS, FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS EXPRESSED IN THIS PUBLICATION ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE DEPARTMENT OF JUSTICE, OFFICE ON VICTIMS OF CRIME.

PROJECT: SAFE DOES NOT DISCRIMINATE ON THE BASIS OF RACE, SEX, COLOR, AGE, SEXUAL ORIENTATION OR GENDER IDENTITY, NATIONAL ORIGIN, GENETIC INFORMATION, RELIGION, DISABILITY, OR LEGAL STATUS.

HEALTHY RELATIONSHIPS IN DATING





HEALTHY

A healthy relationship means both you and your partner are:

- *Equal*
- *Open*
- *Honest*
- *Trusting*
- *Respectful*
- *Communicating*
- *Enjoying personal time away from each other*
- *Making mutual choices*
- *Sharing responsibility (bills, expenses, etc)*

UNHEALTHY

You may be in an unhealthy relationship if your partner is:

- *Not communicating*
- *Disrespectful*
- *Not trusting*
- *Dishonest or deceitful*
- *Trying to take control*
- *Only spending time together*
- *Pressuring you into activities*
- *Not dividing things equally*

ABUSIVE

Abuse is occurring in a relationship when one partner is:

- *Communicating in a hurtful or threatening way*
- *Mistreating the other*
- *Accusing the other of cheating when it's untrue*
- *Denying their actions are abusive*
- *Controlling*
- *Isolating their partner from others*



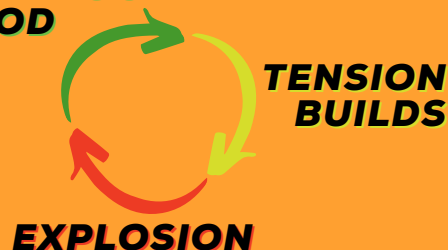
RESOURCES

rainn.org
loveisrespect.org
breakthecycle.org
thehotline.org
DOMESTIC VIOLENCE HOTLINE
800-799-7233
SUICIDE HOTLINE
988



CYCLE OF VIOLENCE

HONEYMOON PERIOD



"CONSENT"

Positive cooperation; freely and voluntarily given; all participants must have knowledge and understanding of the act.

CONSENT CAN BE REVOKED, EVEN IN THE MIDDLE OF A SEXUAL ACT.