

# Love is not abuse.

No one has the right to physically or emotionally hurt you. Reaching out to people is important. Abuse is never acceptable. Love does NOT HURT!

Does your partner...

*Become extremely jealous?*

*Keep you from friends and family?*

*Tell you that you are worthless?*

*Believe they can be violent with no consequences?*

*Embarrass you in front of others?*

*Force you to do something sexual you don't want to do?*

*Restrict you or tell you what to do?*

*Constantly text or call you?*

# Love yourself.



## What you can do...

- Talk to adults you trust about the abuse.
- Talk to your school counselor. Together you might alert security, adjust your schedule, or find other ways to stay safe.
- Keep a journal describing the abuse.
- Talk with your friends about what you are going through so they can support you.
- Use a buddy system for going to school, classes, and activities.
- Avoid isolated areas and don't walk home alone.
- File a restraining order and keep the paperwork with you.
- Block the abuser's phone number or any access to your social media.

**Remember:** When you leave, it can be the most dangerous time. Seek help from abuse programs, a trusted adult or peers.

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## Personal Safety Plan

*You are not alone. Help is available.*

Sojourner 24-Hour  
Domestic Violence Hotline:  
**414-933-2722**

UMOS Latina Resource Center:  
**414-389-6510**

National Teen Dating  
Abuse Helpline:  
**866-331-9474**

Friends \_\_\_\_\_  
\_\_\_\_\_

Others \_\_\_\_\_  
\_\_\_\_\_

Police \_\_\_\_\_



**SOJOURNER**