## WHAT CAN I DO?



## WHO CAN I TALK TO?

The services listed on the back of this leaflet offer a non-judgemental supportive listening ear service, practical support such as information on protection & safety orders, counselling & legal information. We are here to assist you in finding solutions.

### CONTACT

#### **■ AnyMan National Service**









#### $\equiv$ Youth Information Lentre $\equiv$





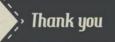


www.donegalyouthservice.ie

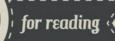


Visit us

16-18 Port Road, Letterkenny Co.Donegal, Ireland.

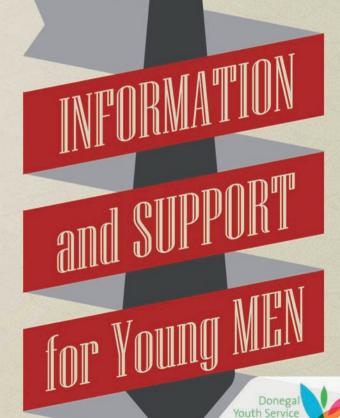








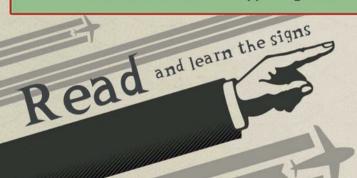




## INTRODUCTION

Intimate Partner Violence occurs between two people who are in an intimate relationship - that is people who are dating, living together or married. It can happen in gay relationships as well as with heterosexual relationships, and any other relationship. Intimate Partner Violence can happen to anyone regardless of gender identity. Intimate Partner Violence can happen to anyone.

Some young men do not know what Intimate Partner Violence is or if it is happening to them.



Learning about the signs of an abusive relationship is really important – to keep yourself safe and to watch out for your friends. No one should live in fear of the person they love. If you think yourself or someone you know may be in an unsafe relationship, reach out.

There is support available.



# Do you feel...

...unloved? ...disrespected?

...like you can't tell your partner how you feel?

...afraid to upset them?

..like you can't make them happy?

...afraid to break up with them because they say they will hurt themselves?

# s your partner...

...nice to you in public but mean to you in private? ...making you feel bad about yourself?

...trying to stop you seeing family and friends?

...disrespecting you?

...demanding all your passwords so they can check your messages?

## Ooes your partner...

...make you do things you don't want to? ...insult you or call you names?

...send you constant texts and get mad if you ignore them?

...harm you physically?

...accuse you of cheating?

...embarrass or humiliate you in front of others?