IT DOESN'T HAVE TO BE LIKE THIS

HAVE THIS
## Am I being abusive?

### How do you behave with your family and your girl/boyfriend (your partner)?

**Do you:**
- Check their phone
- Say things to scare them into giving you what they want
- Get angry when they spend time with their friends
- Call them names or threaten to spread rumours about them
- Take your anger out on them
- Hit, slap or push them

If any of this sounds like you, and you want to stop hurting your family or partner, Yuva can help you.

## I want to stop hurting people I care about

Yuva works with young people (age 11–25) who have used violent or controlling behaviours towards their parents/carers or towards their girl/boyfriends.

We help them to stop the abuse and find healthier, safer ways of being with people who are close to them.

### We can help you to:
- learn techniques for handling anger and stress
- find safe alternatives to violence
- deal with arguments with your parent or partner in a healthy way, so that nobody ends up getting hurt

We can work with you 1-2-1 or in a group; either way, we keep what you tell us confidential (unless we are worried about you or someone else getting hurt).

## Getting Help

If you think this service could help you or someone you know call or email us at:

**Tel:** 0208 222 8281  
**Email:** yuva@dvip.org

or look at our web site:

[www.dvip.org/for-young-people](http://www.dvip.org/for-young-people)