

1

Respects your decisions and tastes

2

Accepts your friends and family

3

Trusts you

4

Is happy when you feel fulfilled

5

Gets your approval
when making plans together

6

Ignores you on the days when he is angry

7

Blackmails you
if you refuse to do something

8

Belittles your opinions and projects

9

Makes fun of you in public

10

Manipulates you

11

Is constantly jealous

12

Controls your outings, clothes, makeup

13

Goes through your texts, emails, apps

14

Insists that you send him intimate photos

15

Isolates you from your family and friends

16

Calls you crazy when you reproach him

17

"Blows a fuse" when he is unhappy
about something

18

Pushes, pulls, slaps, shakes or hits you

19

Threatens suicide because of you

20

Touches you intimately without your consent

21

Threatens to circulate intimate photos of you

22

Forces you to watch porn

23

Forces you to have sex

24

ENJOY

Your relationship is healthy when he...

WARNING. SAY STOP!

There is violence when he...

PROTECT YOURSELF. GET HELP

You are in danger when he...

Fighting against violence towards young women

The violence meter

What is consent? It's the act of giving your approval consciously, freely and explicitly at any given time for a specific situation.

You can change your mind when you want and according to your own reasons. You do not have to justify yourself or be subjected to pressure.



FEMALE VIOLENCE INFO
CALL 3919*
*Anonymous and free