

# VIOLENCE METER

Recognizing the escalating stages of an abusive relationship

<b>ENJOY</b> Your relationship is healthy when ...	They respect your decisions, your desires and your tastes
	They accept your friends and family
	They trust you
	They are happy when you feel fulfilled
	They ask for your approval when making plans together
<b>WARNING, SAY STOP!</b> There is violence when ...	They ignore you for days when they are angry
	They blackmail you if you refuse to do something
	They belittle your opinions and projects
	They make fun of you and put you down in public
	They are constantly jealous or possessive
	They manipulate you
	They control your outings, looks and makeup
	They go through your texts, emails and apps
	They confiscate your money or your identity card
	They insist that you send them intimate photos
They force you to watch pornography	
<b>PROTECT YOURSELF, GET HELP</b> You are in danger when ...	They isolate you from your family and friends
	They humiliate you and call you "crazy" when you confront them
	They "freak out" when they are unhappy about something
	They threaten to kill themselves "because of you"
	They threaten to circulate intimate photos of you
	They aggress you, push you, pull you, slap you, shake you or hit you
	They touch your private parts without your consent
	They force you to have sex
They threaten you with a weapon	

Special unit for the care of victims  
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