

Thinking of leaving a bad relationship?

How does a woman leaving a bad relationship know if she's in danger? Sometimes, she doesn't.

She may think a man who has intimidated and belittled her, called her names and controlled her comings and goings, would never physically hurt her or her children.

She may think that he'll honour a restraining order and stay away.

If she has lived with her partner's threats, rage, insults and controlling jealousy, the fear of danger is all too familiar.

It's not often that a person focused on controlling another becomes a murderer, but behaviours and thinking can change when relationships come to an end.

We've seen it happen in Caledon and Dufferin and it continues to happen to almost 40 women every year in Ontario.

It's wise for every women to take steps to protect herself if she's thinking of ending an unhealthy relationship.



The most dangerous time for a woman ending an abusive relationship is when she tries to leave.

A safety plan is essential.



Red Alert!

You should have a safety plan if...

- you feel you have to be sneaky around your partner in order to see your friends or your family.
- you find yourself being careful in what you say or do in order to avoid "provoking" him.
- you want to break up, but feel afraid of what your partner might do.
- your partner's jealousy feels like paranoia.
- your partner threatens suicide or says he will die if you leave.

Are you worried for a friend, relative or coworker?

Show your friend this article and suggest she develop a safety plan that includes:

- strategies to make her home safer for her and her children.
- packing important papers, medicines and things she'll need if she has to leave in a hurry.
- taking steps to increase her safety while at work & in the community.

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**Need help developing a safety plan? Call. 905-584-HELP/519-941-HELP
Visit www.familytransitionplace.ca & open Feeling Abused? / Don't Feel Safe?**

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transition
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