

## What if you want out???

- ◆ Talk to your parents, a friend, a counsellor or someone else who you trust and can help.
- ◆ Don't meet your partner alone. Avoid being alone at school, your job, on the way to and from places.
- ◆ Safety Plan - Plan and rehearse what you would do if your partner becomes abusive.

If you know of friends in a violent relationship you can help by:

- ◆ **NOT** ignoring the signs of abuse. Talk to your friend.
- ◆ Listen to your friend.
- ◆ Be supportive, Don't judge - help them identify options.
- ◆ Express concerns about your friend.
- ◆ Refer them to services that can help....

**Section 5 of the Family Protection Act, 2013** defines Domestic violence as any behavior used by one partner in an intimate or family relationship against the other which causes

- physical,
- sexual or
- Emotional or psychological damage or
- Damage of property
- to live in fear.

The threat of doing physical or sexual harm or to damage property is also an offence .

The act of stalking as well as harassment by phone, email, texts and physically being followed is also an offence.

You can apply to the Court for Protection from the offender and receive an Interim Protection Order (IPO) which can last up to 1 month and be further extended.

**If the offender has received an IPO and has breached it, he can be fined for up to \$10,000.00 or for 3 years.**

Contact CFC for further information .

### IF YOU NEED HELP

A directory is readily available at the website of [www.meritoksave.org](http://www.meritoksave.org) or contact us to get a copy .



Coalition For Change PNG Inc.

DATING  
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**FOR YOUNG PEOPLE  
WHO HAVE  
OR  
ARE EXPERIENCING  
VIOLENCE  
IN THEIR  
RELATIONSHIPS.**

Edited & Re-Produced by  
Coalition For Change PNG Inc.  
Location: Level 2, BSP Haus, Konedobu, Port  
Moresby ,  
PO Box 6539, Boroko, NCD, PNG  
[emcfc@cfcpng.org](mailto:emcfc@cfcpng.org)

# A Healthy Relationship

A healthy relationship allows you time and space to do your own things as well as enjoying time with each other so..

- ◆ Pursue your own interests.
- ◆ Maintain and respect your own friendships and encourage your partner to do the same.
- ◆ Maintain your own values and beliefs.

Dating is about sharing, enjoying each others company and having fun. If you feel afraid of your partner, controlled or intimidated, it is time to take closer look at your relationship.

**REMEMBER**

*Dating Violence is Not Your fault*

## Unhealthy Relationships

**An unhealthy relationship is controlling. It doesn't allow you time and space for you to do your own thing.**

### WARNING SIGNS

- ◆ **Jealousy** - your partner doesn't like you talking to anyone else.
- ◆ **Control** - they want to know your every move and who you are with all the time.
- ◆ **Blame** - they blame you for things that go wrong
- ◆ They make sexist, derogatory jokes
- ◆ Expect sex on demand
- ◆ They ignore your opinions and objectives.

**If any of these things are happening, your partner is attempting to control you, put you down and make you feel less confident about yourself.**

**DANGER**

Are you going out with someone who...

- ⇒ Intentionally does dangerous things that scare you?
- ⇒ Is jealous and possessive, won't let you have friends, checks up on you, or won't accept you breaking up?
- ⇒ Makes threats to leave you or kill you or themselves if you don't do what they say?
- ⇒ Threatens to hit you, hurt your friends, your family or your pets?
- ⇒ Gets very angry about small unimportant things?

**BRUISES HEAL BUT HEARTS DON'T  
SO PLEASE DON'T IGNORE THE  
SIGNS...  
TALK TO SOMEONE!**