

# IF YOU TURN TO VIOLENCE IN AN ARGUMENT

Abuse in relationships can happen to anyone and it's never OK. If you are feeling scared, intimidated or controlled, you may be in an abusive relationship.

Still got questions about relationship abuse?  
Visit [disrespectnobody.co.uk](http://disrespectnobody.co.uk)

THAT'S NOT THE  
**WAY TO**  
HANDLE IT

DISRESPECT  
NOBODY

