



**IT DOESN'T
TO BE LIKE**

**HAVE
THIS**

Am I being abusive?

How do you behave with your family and your girl/boyfriend (your partner)?

Do you:

- Check their phone
- Say things to scare them into giving you what they want
- Get angry when they spend time with their friends
- Call them names or threaten to spread rumours about them
- Take your anger out on them
- Hit, slap or push them

If any of this sounds like you, and you want to stop hurting your family or partner, Yuva can help you.

I want to stop hurting people I care about

Yuva works with young people (age 11– 18) who have used violent or controlling behaviours towards their parents /carers or towards their girl/boyfriends.

We help them to stop the abuse and find healthier, safer ways of being with people who are close to them.

We can help you to:

- learn techniques for handling anger and stress
- find safe alternatives to violence
- deal with arguments with your parent or partner in a healthy way, so that nobody ends up getting hurt

We can work with you 1-2-1 or in a group; either way, we keep what you tell us confidential (unless we are worried about you or someone else getting hurt).

Getting Help

If you live in Barnet and think this service could help you or someone you know call or email us at:

Tel: 020 7633 9181

Email: yuva@dvip.org

or look at our web site:

www.dvip.org



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