

Allison is in a relationship with Chad. Chad demands the social media and her phone passwords, he controls who she hangs out with, demeans Allison by calling her ugly and that her interests are stupid, threatens her friends, and accuses Allison of cheating on him. Her friends and family don't like Chad.

#### This is Allison



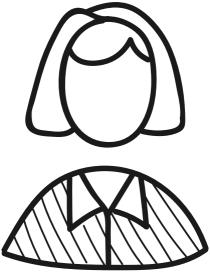
## Healthy





## Unhealthy







#### Abusive

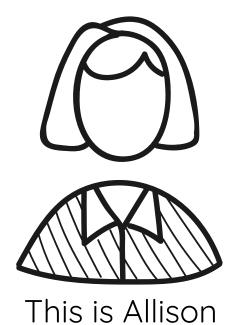


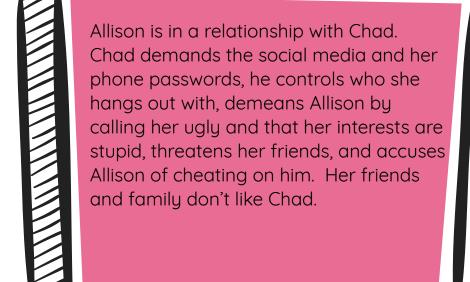




The behaviors that Chad is exhibiting are abusive because he is demeaning her, demanding access to her social medias and her phone, and controlling who she talks to and hangs out with.















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Unhealthy and abusive relationships look very similar. The behaviors that Chad is exhibiting are abusive because he is demeaning her, demanding access to her social medias and her phone, and controlling who she talks to and hangs out with.



# Most Importantly, Remember...



Anyone can be a survivor

Sexual abuse does not discriminate\* based on gender, sexuality, race, religion, etc.

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\*Members of oppressed communities may have a higher risk of sexual violence