

The Freedom Programme

is providing **free**

Awareness Raising Courses for Women

in



MR WRONG: An abusive man

- Shouts
- Sulks
- Smashes things
- Glares
- Calls you names
- Makes you feel ugly and useless
- Cuts you off from your friends
- Stops you working
- Never admits he is wrong
- Blames you, drugs, drink, stress etc.

- Turns the children against you
- Uses the children to control you
- Never does his share of the housework
- Never looks after the children
- Expects sex on demand
- Controls the money
- Threatens or wheedles you to get his own way
- Seduces your friends/sister/anyone
- Expects you to be responsible for his well-being

MR RIGHT: A non-abusive man



- Is cheerful
- Consistent
- Supportive
- Tells you that you look good
- Tells you you're competent
- Uses your name
- Trusts you
- Trusts your judgment
- Welcomes your friends and family
- Encourages you to be independent
- Supports your learning, career etc.

- Admits to being wrong
- Is a responsible parent
- Is an equal parent
- Does his share of the housework
- Accepts that you have a right to say "no" to sex
- Shares financial responsibility
- Takes responsibility for his own well-being and happiness
- In short...
- Behaves like a reasonable human being.

Contact details

www.freedomprogramme.co.uk