Everybody Needs Love. Nobody Needs Abuse. Know the difference?

DOVE has counselors for adults & students. For support, call 617 770 4065 x 300
24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)

LOVE

HONESTY
Communicating openly and truthfully

TRUST
Respecting personal time

SAFETY
Boundaries are respected

FREEDOM
It’s cool to have separate friends

HEALTHY COMMUNICATION
Listening deeply

ABUSE

DISHONESTY
Lying about feelings or actions

CONTROL
Keeping tabs and constant check-ins

FEAR
Forcing physical intimacy

ISOLATION
Only hanging out as a couple alone

PHYSICAL VIOLENCE
Hurting or threatening to hurt a person

VERBAL ABUSE
Criticizing

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I have the right to...
Say yes, no, or maybe to a relationship
My own friends and separate time
Privacy of my phone, passwords, and accounts
Choose how and when to be physical - or not to be
Change my mind at any time
Never be controlled or abused
Get help if I am being abused or abusing someone
Love who I love
End a relationship without guilt or fear
Be fully myself

To get advice about a relationship, text 22522, call 1.866.331.9474, or chat at: loveisrespect.org