

# Know the danger signs

## If your partner

- + Threatens you
- + Makes you do what they say
- + Says they'll kill you
- + Goes through your phone
- + Puts their hands around your neck
- + Scares you with words and actions
- + Stalks you
- + Stops you seeing friends and family

It's serious, don't ignore it – **get help now**



IT IS  
**OK** TO ASK  
FOR  
HELP

Family Violence  
Information Line  
0800 456 450

Police 111  
[areyouok.org.nz](http://areyouok.org.nz)