

Panel #1

How's Your Love Life?

Just for Men Campaign

BROUGHT TO YOU BY
THE DORCHESTER COMMUNITY ROUNDTABLE PROJECT

Panel #2

RELATIONSHIPS ARE NOT EASY...

**If you are angry all the time,
If you fight a lot,
Ask yourself some questions...**

Have you done this a lot?

- Called her names
- Given her dirty looks
- Told her she wasn't needed
- Walked away while she was talking
- Given her the cold shoulder
- Put her down
- Lied to her
- Kept money from her
- Accused her of being unfaithful
- Followed her

Have you ever?

- Threatened her
- Pushed her
- Slapped her
- Hit her
- Injured her

***HAVE YOU DONE THIS IN FRONT OF YOUR
CHILDREN?***

FIGHTING AND VIOLENCE HURTS FAMILIES...

IT CAN SEND YOU TO JAIL...

YOU CAN PULL BACK!

YOU CAN MAKE THINGS BETTER

REMINDE YOURSELF:

- I don't have to put her in check to be a man
- We've all got issues: it's not all about me
- A real man can stay peaceful
- She's got a right to have her own mind
- If I'm angry all the time it just makes everyone scared
- I can step back and listen
- I don't have to win this to be a man
- We don't have to settle this right now
- I will not let my pride run me
- I don't want to scare my kids

TAKE A BREATH AND STEP BACK!

IF THINGS ARE GETTING HOT...

- **Chill**
- **Go for a short walk**
- **Exercise**
- **Talk to a responsible friend**
- **Get religious counsel**
- **Watch my hands carefully**
- **Think good things about myself**
- **Pray**

MAKE SURE YOU CONTROL *YOURSELF!*