How’s Your Love Life?

Just for Men Campaign

BROUGHT TO YOU BY
THE DORCHESTER COMMUNITY ROUNDTABLE PROJECT
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

REMEMBER 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!