

a matter of the victim being able to safely escape their abuser, the abuser choosing to stop the abuse, or others.

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## **ABUSIVE RELATIONSHIPS AND WHY WE SHOULD AVOID ABUSE LIKE THE CRUELTY**

Abusive relationship is a common problem in modern world. Having an abusive boyfriend or girlfriend is very unhealthy for your own mental or physical health. That's why you should stay away from it as far as you could possibly stay away from any type of abuse in general. It's not always obvious that you're in an abusive relationship. Learn some of the key signs to look at. It's common for someone who is being abused to believe that it's their own fault and that they somehow 'deserve' the abuse. It's important to know that you're *never* to blame yourself for the way an abusive person treats you.

**This can help if:** your partner tries to control your behaviour; your partner threatens to harm you, your pets or people you love; you're scared of your partner.

### **Key signs of an abusive relationship**

An abusive relationship isn't just limited to physical violence. It can include sexual, emotional and physical abuse, and may involve control of your finances. Here are some signs to look at.

#### **Possessiveness**

They check on you all the time to see where you are, what you're doing and who you're with and they try to control where you go and who you meet with, and get angry if you don't do what they say.

#### **Jealousy**

They accuse you of being unfaithful or of flirting and they can isolate you from family and friends, often by behaving rudely to them.

#### **Put-downs**

They put you down, either publicly or privately, by attacking your intelligence, looks, mental health or capabilities, or they constantly compare you unfavourably to others. They blame you for all the problems in your relationship, and for their violent outbursts.

#### **Threats**

They yell or sulk, and deliberately break things that you value. They also threaten to use violence against you, your family, friends or a pet.

### **Physical and sexual violence**

They push, hit or grab you, or make you have sex or do things you don't want to do, or they harm you, your pets or your family members.

Remember, that your violent partner may act loving towards you at other times and may truly feel sorry for his/her horrible behaviour. So, it might be hard to stay angry and upset with him/her. However, there is quite a high chance that their violent behaviour will continue. Abusers can be incredibly charming people, especially if they're trying to make you or others see them in a good light.

After a violent episode, it's common for both you and your abuser to try and downplay what happened with excuses, apologies or promises to change. Please, remember, that it's very difficult to eradicate physical abuse in relationships, and any abusive behaviour, without professional help.

If you're experiencing abuse, things can feel really confusing, especially if it's your first relationship. You might not be sure what to expect next. Abusers often try to influence your sense of what's real, to make you feel confused or even that you're going crazy. (This is known as 'gaslighting'.)

You may begin to think that you're to blame yourself for your partner's abusive behaviour. An abuser may excuse their behaviour by saying something like, 'It wouldn't have happened if you hadn't...' The truth is that no matter what you do, another person's abusive behaviour is never your fault.

To conclude all mentioned above, we should say, that if something mentioned above is happening to you, you should know, that it's not unusual to feel afraid of leaving the person who's abusing you. You might feel unsafe, or scared of what the person might do to you or themselves. You might also feel that you aren't capable of making it on your own. It's important to remember that there are people who can help you on every step of the way.

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### **WAYS OF FIGHTING WITH DOMESTIC VIOLENCE IN GERMANY**

Each of three women in the world are victims of violence. In Germany, one woman dies from domestic violence in three days. How do people in Germany resist it?

Every five minutes, according to the Federal Criminal Affairs Office, at least one woman in Germany is threatened, subjected to psychological