



## 10 Handbag Essentials

The things you really need when you plan to leave...

- Passport and Birth Certificate (for you & your children)
- Cash, Cheque Book, Paying-in Book, Debit/Credit Cards
- Welfare Benefit Cards/Information/Payslips
- Mobile Phone and Charger/Phone Card/Change for Payphone
- Keys: House, Car and workplace
- Marriage Certificate/Divorce Papers
- Drivers Licence and Car Registration Documents
- NHS Medical Card, Prescribed Medication
- Housing Documents: Mortgage Details, Lease/Rental Agreement
- Some Form of Identification

## Mr. Right & Mr. Wrong

### Mr. Right



Is cheerful  
 Consistent  
 Supportive  
 Trusts you  
 Uses your name  
 Is an equal parent  
 Trusts your judgment  
 Admits to being wrong  
 Is a responsible parent  
 Tells you you look good  
 Tells you you're competent  
 Shares financial responsibility  
 Welcomes your friends & family  
 Does his share of the housework  
 Supports your learning and career  
 Encourages you to be independent  
 Accepts that you have a right to say "no" to sex  
 Takes responsibility for his own well-being and happiness

### Mr. Wrong



Expects you to be responsible for his well-being  
 Threatens or wheedles you to get his own way  
 Never does his share of the housework  
 Seduces your friends/sister/anyone  
 Uses the children to control you  
 Makes you feel ugly & useless  
 Turns the children against you  
 Cuts you off from your friends  
 Never looks after the children  
 Blames you, drugs, drink etc.  
 Never admits he is wrong  
 Expects sex on demand  
 Controls the money  
 Stops you working  
 Calls you names  
 Smashes things  
 Shouts  
 Sulks

# freedom programme



A group for women who have experienced domestic abuse

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 Havant: 023 9248 0246  
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 southern domestic abuse service

**Southern Domestic Abuse Service**  
[www.southerndas.org](http://www.southerndas.org)

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