

Warning Signs



Does your partner:

- Embarrass or put you down in front of others
- Use intimidation or manipulation to control you
- Keep you from seeing family and friends
- Take your money or refuse to give you money for expenses
- Prevent you from making your own decisions
- Threaten to take away your children
- Prevent you from working or attending school
- Intimidate you with guns, knives or other weapons
- Push, shove, pull, yank, squeeze, restrain you
- Blame you for how they treat you, or for anything bad that happens.
- Behave in a overprotective way or become extremely jealous
- Accuse you of flirting or “coming on” to others or accuse you of cheating on them.
- Pressure you to have sex when you don’t want to or do things sexually you’re not comfortable with
- Pressure you to use drugs or alcohol
- Prevent you from using birth control or pressure you to become pregnant when you’re not ready
- Threaten to kill or hurt you, family or pets
- Threaten to kill themselves
- Destroy personal property or throw things
- Have extreme mood swings... tell you you’re the greatest one minute and rip you apart the next

Some other clues that may indicate an abusive relationship include:

- You feel afraid to break up with them.
- You feel tied down; feel like you have to check-in.
- You feel afraid to make decisions or bring up certain subjects so that the other person won’t get mad.
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine.
- You find yourself crying a lot, being depressed or unhappy.
- You find yourself worrying and obsessing about how to please your partner and keep them happy.
- You find the physical or emotional abuse getting worse over time.

If you answered “yes” to any of these questions, you may be a victim of domestic violence, even if the behavior is only occasional.

Domestic violence is **NOT** acceptable and it does not get better on its own.