

Signs of Abuse

In abusive relationships one person tries to gain power and control over their partner. They use guilt, shame, intimidation and fear to make their partner act and do what they want. An abuser will threaten to hurt their partner, or hurt people or things that matter to them to maintain control over them.

The person you care about is being abused or is in an abusive relationship if they:

- **Are frequently criticized and put down by their partner**
- **Seem to make their partner jealous easily and frequently**
- **Have limited access to time or communication with friends or family**
- **Have limited access to money or transportation**
- **Are constantly put down and called names**
- **Are told what to wear**
- **Defer all decisions to their partner**
- **Have no control of the money in the relationship**
- **Are prevented from working or attending school**
- **Are afraid of angering their partner**
- **Have little or no privacy online or on the phone**
- **Are pressured to have sex or do things sexually they are uncomfortable with**
- **Are pressured to use drugs or alcohol**
- **Are often criticized about their parenting and their children are threatened**
- **Receive threatening text and phone messages from their partner**
- **Have had their belongings or property destroyed or taken away by their partner**
- **Are worried about the safety of their pet**
- **Have been pushed, punched, slapped, bitten, pinched, kicked or had their hair pulled**
- **Have had their own life threatened**
- **Their partner has threatened suicide based on their actions**
- **Deny the abuse or even take the blame themselves for the abuse**