

## **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 do what they want. An abuser will threaten to hurt their partner, hurt themselves, or hurt people or things that matter to them to maintain control.

**You or a person you care about may be in an abusive relationship if you/they:**

- Are frequently criticized and judged by their partner
- Their partner becomes 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/or 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 or the pet has been abused
- Have been pushed, choked, 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

**Please take note: these behaviors are NOT expressions of love and respect! If you need help, call 315-255-6221 (Domestic Violence Intervention Hotline) or reach out to a trusted adult.**