

Red Flags of Dating and Domestic Violence:

Signs you or someone you know may be in an abusive relationship

SIGNS OF ABUSE ARE NOT ALWAYS AS OBVIOUS AS BRUISES. DATING AND DOMESTIC VIOLENCE CAN BE BROKEN INTO FOUR CATEGORIES: EMOTIONAL/MENTAL ABUSE, PHYSICAL ABUSE, SEXUAL ABUSE, AND FINANCIAL ABUSE. WARNING SIGNS OF EACH FORM OF ABUSE FOLLOW.

HAVING ONE OF THE EMOTIONAL OR FINANCIAL RED FLAGS DOES NOT NECESSARILY MEAN YOU ARE IN AN ABUSIVE RELATIONSHIP, BUT A COMBINATION OF THESE OR ONE OR MORE COMBINED WITH ANY PHYSICAL OR SEXUAL RED FLAG IS A GOOD INDICATOR THAT THE RELATIONSHIP IS PROBABLY ABUSIVE.



Red flags for emotional abuse:

- ▶ Looking at you or acting in ways that scare you
- ▶ Controlling who you see, where you go, or what you do
- ▶ Keeping you or discouraging you from seeing your friends or family
- ▶ Listening in on your conversations (by sitting close to your phone or having you put it on speaker)
- ▶ Constantly going through your phone and invading your privacy
- ▶ Requesting GPS tracking
- ▶ Preventing you from making your own decisions or acting like you aren't capable of it
- ▶ Telling you that you're a bad parent
- ▶ Threatening to harm or take away your children
- ▶ Preventing you from or making it difficult for you to attend work or school
- ▶ Blaming you for the abuse or acting like it's not happening (gaslighting)
- ▶ Attempting to stop you from pressing charges for physical abuse
- ▶ Threatening to commit suicide because of something you have done
- ▶ Excessive jealousy or insecurity
- ▶ Unexpected bouts of rage or anger
- ▶ Blaming you for all the problems in the relationship
- ▶ Constantly monitoring all details of your whereabouts
- ▶ Calling you fat, stupid, or any derogatory names
- ▶ Falsely accusing you of things
- ▶ Taunting, bullying, embarrassing, or putting you down
- ▶ Wants to move very quickly in the relationship (become official quickly, move in together quickly, wants all your time to themselves)
- ▶ Does not honor your boundaries
- ▶ Says nobody else would ever love or want you
- ▶ Insists that you stop participating in hobbies or leisure activities
- ▶ Checks your car mileage or has friends check up on you
- ▶ Pretends to be concerned for your safety and productive use of time when talking you out of doing things
- ▶ Becomes extremely angry when you are late
- ▶ Makes you feel like you need to ask permission to do certain things
- ▶ Your partner makes all the decisions in the relationship
- ▶ You make excuses for your partner's bad behavior
- ▶ They are overly critical of their previous partners (they were crazy, everything was their fault, etc.)
- ▶ Something in your gut feels wrong about the relationship



Red flags for physical abuse:

- ▶ Destroying or vandalizing your property or their own property in front of you when angry
- ▶ Threatening or hurting your pets
- ▶ Intimidating you with guns, knives, or other weapons
- ▶ Shoving
- ▶ Biting
- ▶ Slapping
- ▶ Kicking
- ▶ Punching
- ▶ Pinching
- ▶ Choking
- ▶ Restraining
- ▶ Threatening to hurt or kill you
- ▶ Pressuring or forcing you to use drugs or alcohol
- ▶ Holding you hostage or not letting you leave by blocking doorways or holding you down
- ▶ Throws objects at, around, or near you
- ▶ Has a reputation of battering others



Red flags for sexual abuse:

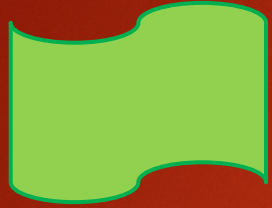
- ▶ Pressuring you to have sex when you do not want to
- ▶ Not respecting your boundaries
- ▶ Pressuring you to do things sexually you are not comfortable with
- ▶ Making you feel guilty for not wanting to have sex (saying they feel unwanted, you never want to, etc.)
- ▶ Forcing any unwanted contact on you
- ▶ Preventing you from access to birth control or pressuring you to become pregnant
- ▶ Makes sexual or degrading jokes about you



Red flags for financial abuse:



- ▶ Taking your money or refusing to give you money for expenses
- ▶ Discouraging you from working without a logical reason
- ▶ Showing up at your job and causing a scene
- ▶ Constantly calling your job
- ▶ Encouraging you to call off work frequently
- ▶ Threatens to remove you from the phone plan, not pay rent, etc. if you do not do what they want



Components of a healthy relationship:

- ▶ Being yourself
- ▶ Honesty
- ▶ Good communication
- ▶ Respect
- ▶ Feeling Safe
- ▶ Trust
- ▶ Equality
- ▶ Support
- ▶ When arguing both stay calm, address the problem, don't accuse, and step back to cool off when angry

Realize some of these red flags may apply to you
or someone you know? Not sure what to do next?
There is help! Reach out to:

Mandi Howell

Phoenix Against Violence Project
Coordinator

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717-709-6225

Women in Need

717-264-4444

(24 hour hotline)