

RECOGNIZING THE SIGNS OF DOMESTIC VIOLENCE

Abuse is about power and control, not love.

Abuse can often be difficult to recognize, especially in relationships where power and control are involved.

Red flags and warning signs of abusive relationships include:

- Getting angry when you spend time with other people
- Isolating you from friends and family
- Making you feel guilty or scared to say “no”
- Tracking your location or your online activity
- Pressuring you to share your passwords or other personal information
- Extreme jealousy
- Sending unwanted gifts or messages
- Criticizing you in front of others
- Making all of the decisions in the relationship
- Blaming you for things that go wrong in the relationship
- Sharing your photos or personal information with others
- Pressuring you to do things in the relationship that you are not comfortable with
- Telling you what you can and cannot wear, or where you can and cannot go

HELP & SUPPORT IS AVAILABLE

Confidential Support

National Domestic Violence Hotline

- 800-799-7233 or text START to 88788

National Child Abuse Hotline (Childhelp)

- 800-422-4453 or text GO to 800-422-4453

988 Suicide and Crisis Lifeline

- 988 or text 988

National Sexual Assault Hotline (RAINN)

- 800-656-4673 or text HOPE to 64673

National Dating Abuse Helpline (Love is respect)

- 866-331-9474 or text LOVEIS to 22522

Trevor Project Suicide Prevention and Crisis Intervention for LGBTQIA+ youth

- 866-488-7386 or text START to 678-678

Crisis Text Line

- Text HOME to 741741

If you need immediate assistance, please call 911