### How to Identify Abuse

**Your friend’s partner:**
- Calls your friend names or puts them down in front of others
- Is extremely jealous & constantly checks in demanding to know where they are
- Gets violent in front of others when they’re mad

**Your friend:**
- Often cancels plans at the last minute, for reasons that sound untrue
- Frequently apologizes for their partner and is always worried about upsetting them
- Is giving up things that used to be important to them, becoming more and more isolated
- Weight, appearance or grades have changed dramatically
- Has injuries they can’t explain/explanations

### How to Respond

**Steps:**
- Reach out to your friend
- Tell them you’re concerned for their safety
- Remind them that it is not their fault and they don’t deserve it
- Be supportive and listen patiently
- Share resources and tell a trusted adult or professional

**Safety Plan:**
- Confide in someone you trust
- Try not to be alone with your abusive partner
- Document threatening text messages, voicemails, social media posts
- Do not break up with your partner in an isolated place
- Work with your support system to plan how
Self Quiz

Are you in an abusive relationship? If you answer "yes" to more than three of the following questions, you may be in an unhealthy/abusive relationship.

Does your partner...

⇒ Want to spend every minute together?
⇒ Quiz you about everything you do when you are apart?
⇒ Go through your phone or demand your social media passwords?
⇒ Get upset if you don't call/text back right away?
⇒ Keep you from seeing friends or family?
⇒ Make fun of you or put you down in public?
⇒ Break things when he/she is mad?
⇒ Threaten to "do something bad" if you leave him/her?
⇒ Accuse you of wanting to be with someone else?
⇒ Call you names when he/she is angry with you?
⇒ Use alcohol or drugs as an excuse for being mean?