

Do you know someone who is in an unhealthy/abusive relationship?



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:

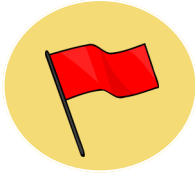
- Confide in someone you trust
- Try not to be alone with your abusive partner
- Document threatening text messages, voicemails, social media posts
- Do not break up with your partner in an isolated place
- Work with your support system to plan how

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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?

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