



## **Recognizing the Warning Signs of Domestic Violence and Abuse**

It's impossible to know with certainty what goes on behind closed doors, but there are some telltale signs and symptoms of emotional abuse and domestic violence. If you witness any warning signs of abuse in a friend, family member, or co-worker, take them very seriously.

### **General warning signs of domestic violence**

People who are being abused may:

- ✓ Seem afraid or anxious to please their partner.
- ✓ Go along with everything their partner says and does.
- ✓ Check in often with their partner to report where they are and what they're doing.
- ✓ Receive frequent, harassing phone calls from their partner.
- ✓ Talk about their partner's temper, jealousy, or possessiveness.

### **Warning signs of physical violence**

People who are being physically abused may:

- ✓ Have frequent injuries, with the excuse of "accidents."
- ✓ Frequently miss work, school, or social occasions, without explanation.
- ✓ Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors).

### **Warning signs of isolation**

People who are being isolated by their abuser may:

- ✓ Be restricted from seeing family and friends.
- ✓ Rarely go out in public without their partner.
- ✓ Have limited access to money, credit cards, or the car.

### **The psychological warning signs of abuse**

People who are being abused may:

- ✓ Have very low self-esteem, even if they used to be confident.
- ✓ Show major personality changes (e.g. an outgoing person becomes withdrawn).
- ✓ Be depressed, anxious, or suicidal.

### **Speak up if you suspect domestic violence or abuse.**

If you suspect that someone you know is being abused, speak up! If you're hesitating - telling yourself that it's none of your business, you might be wrong, or the person might not want to talk about it. Keep in mind that expressing your concern will let the person know that you care and may even save his or her life.