

Does Your Partner Use Harmful Language

- Name calling
- Playing mind games
- Humiliating someone
- Making someone feel insecure
- Making someone feel guilty
- Telling lies or private information about someone to others.

Use Social Standing

- Using popularity, class, race or disability to manipulate someone else
- Making all the decisions for someone
- Being the only one to define roles in the relationship.

Use Technology

- Sending unwanted text messages
- Breaking into someone's social networking profile, email, or cell phone
- Pressuring someone to take, send or look at sexual photos or pictures.

Use Intimidation

- Making someone afraid by using looks, actions, or gestures
- Smashing, destroying, or stealing property
- Abusing pets or loved ones
- Displaying weapons.

Minimize, Deny, or Blame

- Minimizing the impact of abuse
- Not taking concerns about abuse seriously
- Saying the abuse didn't happen
- Blaming abuse behavior on stress, alcohol, drugs, or jealousy
- Saying the victim caused the abuse.

Use Threats

- Making threats to use physical or sexual violence
- Making someone do illegal things
- Threatening to leave, to commit suicide, or report someone to the police
- Threatening to expose someone's HIV status, immigration status, or other private information.

Use Sexual Coercion, Harassment, or Assault

- Manipulating to get sex or other sexual activity
- Getting someone drunk or drugged to get sex
- Destroying or refusing to use birth control or STD protection during sex
- Making sexual comments, giving inappropriate looks, or telling sexual jokes
- Sexually touching, grabbing, rubbing, or pinching someone without their consent.

Use Exclusion

- Controlling what someone does or where she/he goes
- Deciding who someone sees, talks to, or what she/he wears
- Limiting outside involvement
- Pressuring someone to be part of a group
- Isolating someone from their friends or family.

Use Physical Violence

- Hitting, scratching, shaking, choking, pinching, pushing, biting, or grabbing
- Using one's body size or strength against another person.

If you or someone you know is being abused, call our 24/7 hotline at 850-863-4777.

