



Warning Signs of Dating Abuse

A person who is being abusive may:

- Get too serious too quickly
- Feel they need to make all the decisions
- Manipulate and control the other person's contact with friends, family, outside activities, or isolate them from friends and family
- Put down the other person's ideas, friends, family, appearance
- Impose stereotypical views of male and female relationships (men in control, women submissive, etc.)
- Threaten
- Blame
- Use guilt (If you love me...)
- Make accusations of dishonesty
- Make obsessive phone calls and constantly check up on the other person
- Follow and watch the other person (stalking)
- Demand to know the other person's whereabouts at all times
- Refuse to take "no" for an answer (and that may include refusing to accept breaking up)

Other signs that a person may become abusive include:

- Bragging about bullying or harming others
- Driving too fast or engaging in other dangerous behavior
- Using alcohol and/or drugs (and then becoming angry or violent)
- Being cruel to animals.
- Threatening suicide

From a friend's perspective:

- When your friend and her partner are together, he/she acts very controlling and puts her down in front of other people.
- You see her partner lose his/her temper, striking or breaking objects.
- Her partner acts extremely jealous of others who pay attention to her.
- She becomes quiet when he/she is around and seems afraid of making him/her angry.
- She stops seeing her friends and family members, becoming more and more isolated.
- She often has unexplained injuries, or the explanations she offers don't quite add up. (Sometimes you won't see any bruises, as abusers target their blows to areas that can be covered with clothing.)
- She has casually mentioned his/her violent behavior but dismissed what happened as "not a big deal."
- She often cancels plans at the last minute after checking in with her partner.
- Her partner controls her behavior and even who she socializes with.