

# 11 SIGNS OF DOMESTIC ABUSE

## SIGNS YOU MIGHT BE IN AN ABUSIVE RELATIONSHIP:

- Is your partner jealous and possessive?
- Is your partner charming one minute and abusive the next?
- Does your partner tell you what to wear, where to go, who to see?
- Does your partner constantly put you down?
- Does your partner play mind games and make you doubt your judgement?
- Does your partner control your money, or make sure you are dependent on them for everyday things?
- Does your partner pressure you to have sex when you don't want to?
- Are you starting to walk on eggshells to avoid making your partner angry?
- Does your partner control your access to medicine, devices or care that you need?
- Does your partner monitor or track your movements or messages?
- Does your partner use anger and intimidation to frighten and control you?

## WHAT IS DOMESTIC ABUSE?

Domestic abuse is a pattern of behaviour that is used by someone to control or obtain power over their partner. It can happen at any point in a relationship, including after you've split up. Domestic Abuse isn't just physical violence, it includes emotional, physical, sexual, economic and psychological abuse. The behaviour could be controlling, bullying, threatening or violent by a partner, ex partner or family member.



## TYPES OF DOMESTIC ABUSE:

- **Psychological/emotional abuse:** Includes name-calling, threats and manipulation, blaming you for the abuse or 'gas-lighting' you.
- **Economic abuse:** Controlling your access to money or resources. They might take your wages, stop you working, or put you in debt without your knowledge or consent
- **Sexual abuse:** Doesn't have to be physical. They might manipulate, deceive or coerce you into doing things you don't want to do.
- **Coercive control:** When an abuser uses a pattern of behaviour over time to exert power and control. It is a criminal offence.
- **Physical abuse:** Not only hitting. They might restrain you or throw objects. They might pinch or shove you and claim it's a 'joke'.
- **Tech abuse:** They might send abusive texts, demand access to your devices, track you with spyware, or share images of you online.

## REMEMBER:

- Domestic abuse is NEVER your fault
- You should NEVER feel afraid of having an opinion or feel like you have to walk on egg shells
- **GET HELP – CALL 999** if you or somebody else are in imminent danger, reach out to a trusted friend/family member and seek help from your local Domestic Abuse Charity.

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