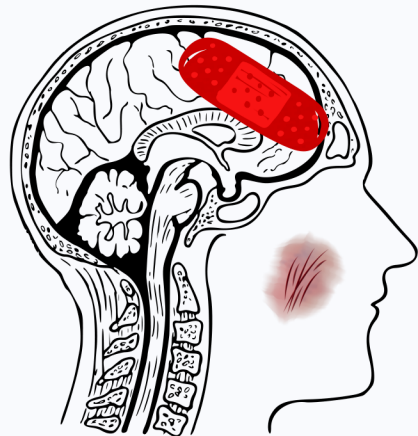





DOMESTIC AND EMOTIONAL ABUSE



YOU MIGHT BE EXPERIENCING DOMESTIC VIOLENCE IF YOU'RE IN A RELATIONSHIP WITH SOMEONE WHO:

- Calls you names, insults you or puts you down
- Prevents or discourages you from going to work or school or seeing family members or friends
- Tries to control how you spend money, where you go, what medicines you take or what you wear
- Acts jealous or possessive or constantly accuses you of being unfaithful
- Gets angry when drinking alcohol or using drugs
- Threatens you with violence or a weapon
- Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children or your pets
- Forces you to have sex or engage in sexual acts against your will
- Blames you for his or her violent behavior or tells you that you deserve it

**The Mayo
Clinic**

 **mayoclinic.org**
Visit for more resources

Emotional abuse can come from a parent, a friend, an intimate partner, a teacher, coach, anyone that you have a relationship with = no matter how distant nor close..



Long term emotional abuse can lead to ignoring your own needs and boundaries, engaging in people-pleasing behaviors, involving yourself in relationships with abusive partners, a fear of abandonment and thinking that your feelings don't matter.

EMOTIONAL ABUSE RED FLAGS:

- Your partner name calls you or demeans you.
- Your partner tries to control you, your time, and your actions.
- Your partner tells you what to do and what to wear.
- Your partner often makes you feel silly or dumb.
- Your partner questions your reality and says that things that you know happened didn't happen. This is called gaslighting.
- Your partner is critical of your appearance.
- Your partner is jealous of time spent with your friends or family.
- Your partner punishes you by withholding attention or affection.
- Your partner doesn't want you hanging out with someone of another gender.
- Your partner makes threats to hurt you or others to get what they want.
- Your partner wants you to ask for permission before doing something or spending time with other people.
- Your partner monitors where you go and stalks your whereabouts.
- Your partner doesn't want you to work.
- Your partner embarrasses you in public.
- Your partner does not trust you and acts possessive.
- Your partner threatens breaking up or divorce to manipulate an argument.
- Your partner wants access to your phone, your passwords, or your social media.
- Your partner threatens suicide during arguments.
- Your partner is constantly accusing you of cheating.
- Your partner blames you for their unhealthy/abusive behaviors.
- Your partner makes you feel guilty or immature for not wanting to have sex.
- Your partner overloads you with compliments and gifts, and then uses that to manipulate you later (love bombing).

 **The National Domestic
Violence Hotline** **thehotline.org**
Visit for more resources

WITNESSED DOMESTIC ABUSE SIDE EFFECTS IN CHILDREN

Newborn to 5

- Sleep and/or eating disruptions
- Withdrawal/lack of responsiveness
- Intense/pronounced separation anxiety
- Inconsolable crying
- Developmental regression, loss of acquired skills
- Intense anxiety, worries, and/or new fears
- Increased aggression and/or impulsive behavior

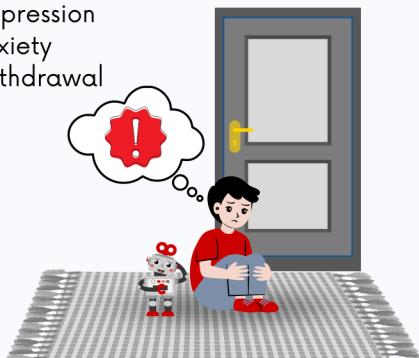
Ages 6 to 11

- Nightmares, sleep disruptions
- Aggression and difficulty with peer relationships in school
- Difficulty with concentration and task completion in school
- Withdrawal and/or emotional numbing
- School avoidance and/or truancy

Ages 12 to 18

- Antisocial behavior
- School failure
- Impulsive and/or reckless behavior, e.g.,
 - School truancy
 - Substance abuse
 - Running away
 - Involvement in violent or abusive dating relationships

- Depression
- Anxiety
- Withdrawal



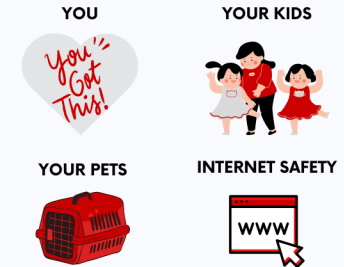
PREBLEPRIDE.ORG

**BRINGING
DIVERSITY AND
LGBTQIA+
VISIBILITY,
AWARENESS, AND
ACCEPTANCE TO
PREBLE COUNTY,
OHIO AND
SURROUNDING
AREAS**

Scan me for more
Preble Pride Resources



**GO TO THEHOTLINE.ORG TO CREATE
A SAFETY PLAN FOR:**



**IF YOU'RE IN A SAME-SEX RELATIONSHIP
OR IF YOU'RE BISEXUAL OR
TRANSGENDER, YOU MIGHT ALSO BE
EXPERIENCING ABUSE IF YOU'RE IN A
RELATIONSHIP WITH SOMEONE WHO:**

- Threatens to tell friends, family, colleagues or community members your sexual orientation or gender identity
- Tells you that authorities won't help you because of your sexuality or gender identity
- Justifies abuse by questioning your sexuality or gender identity



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