

Does your partner...

degrade you in public or in private?

get angry if you spend time with others?

demand you share social media passwords, texts, and phone messages?

prevent you from working, sleeping, studying, or taking care of yourself?

take your money, car, or other resources so you do not have what you need?

insist you are wrong, you are crazy, or you do not understand how relationships work?

claim your friends or family are trying to ruin your relationship?

blame you for problems in your relationship?

pressure you to do sexual things that make you uncomfortable?

force you to drink, use drugs, or do things that could get you into trouble?

destroy your belongings or property around you?

undermine your parenting or threaten to take away your kids?

provoke you and blame you for your reaction?

threaten to hurt you, themselves, or ruin your reputation?

expose you to danger because of your sexuality, gender, race, religion, immigration status, or other parts of your identity?

This is abuse.

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