

Does your partner...

get angry if you spend time with others or do things without them?

demand you share your social media passwords, texts, location, or let them go through your phone?

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

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

claim your friends or family are trying to break you up or ruin your relationship?

blame you for problems in your relationship?

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

destroy your belongings or property around you?

make fun of your looks, talents, hobbies, skills, friendships, intelligence, or parenting?

provoke you and blame you for your reaction?

threaten to hurt you, themselves, or spread personal information or pictures of you?

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

This is abuse.

end violence
wise
share hope ♦ change lives

We're here for you.

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