

What If I See Warning Signs?

What do I need to know?

Abusive relationships are about power and control over the victim. In the early stages of an abusive relationship, the abuse may not yet be seriously violent. Instead the abusive partner may exercise power and control through types of abuse such as possessive behavior, insults, jealous accusations, yelling, humiliation, and low level violence like pushing or pulling hair. Remember that there is no excuse for abuse.

What Can I Do?

If you think your relationship has the potential to become abusive or is abusive, keep your safety in mind. Remember that even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. Whether you decide to leave or stay make sure you have a safety plan in place. Whatever you choose, look for support so that you are not alone in this difficult time.

Creating a Safety Plan.

A safety plan is a personalized and practical plan for reducing your risk of being hurt by your partner. An effective safety plan makes changes to your daily lifestyle to better protect you at your home, school, work and within the community. These changes may include going to a confidential shelter, changing schools, changing your email, phone #, route to work, and getting your teachers and school counselors involved with protection issues at school. Your safety plan will also help you escape a violent incident safely and prepare you to end your relationship when you are ready. When preparing your safety plan ask yourself these important questions: What can I do to stay safe at home? How do I get safely to work or School? Is there a safe place I can go when abuse happens? Creating a Safety plan can be difficult on your own. Find someone you trust or someone within community resources to assist you if possible.