

Isolation

Keeping you from contacting family or friends
Spreading rumors about you or telling people that you are crazy
Keeping you from leaving the house, going to school or work
Forcing you to give up hobbies or activities you enjoy

Emotional Abuse

Withholding approval or affection
Getting jealous or upset if you pay attention to something or someone else
Frequently checking up on you

Minimizing, Denying, Blaming

Blame you for causing the abuse
Saying that it is all in your head, that you are overreacting
Using drugs or alcohol to excuse behavior

Economic Abuse

Controlling bank accounts, credit cards, or cash
Refusing to pay bills
Refusing to let you work or
Cause you to lose your job

Physical or Sexual Abuse

Pushing, grabbing, slapping, or shoving
Pressuring or forcing you to engage in sexual activity
Disregard your needs if you are ill, injured, or pregnant
Throws or breaks objects close to you

DATING / DOMESTIC VIOLENCE

RED FLAGS

These are only some of the Red Flags of abuse, adapted from Family Shelter Service. For more information or to seek assistance visit <http://www.familyshelterservice.org/what-is-abuse/> or www.ben.edu/peace



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