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## WHAT IS DOMESTIC ABUSE?

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Domestic abuse can be defined as the use of power and force to control victims. A pattern of behaviors that may include:

- verbal & psychological abuse
  - social isolation
  - deprivation
  - intimidation
  - control of finances
  - physical or threat of physical abuse
  - sexual assault
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## RECOGNIZING THE SIGNS OF DOMESTIC ABUSE

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### Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly — grab, push, pinch, shove or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?

**How** you feel like there is “no way ou

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