



## Danger signs

- ♥ **Jealousy and isolation** is when someone cuts you off from your friends or gets angry when you talk to other people.
- ♥ **Aggression** is when someone yells and shouts at you, uses physical violence, gets in to fights with other people and uses violence to solve problems.
- ♥ **Put downs** are when someone makes you feel stupid, calls you names, makes nasty comments or generally puts you down.
- ♥ **Control** is when someone checks on you all the time – where you are, where you have been and who you are with; threatens or forces you to do things you don't want them to do; or doesn't let you make your own decisions.
- ♥ **Sexual abuse** is when someone does sexual things to you that you don't agree to.

If any of these things are happening to you, you may be in an abusive relationship

Relationship abuse is not a one-off event.  
It's a cycle and it can get worse if nothing is done to stop it.