

ARE YOU IN AN ABUSIVE RELATIONSHIP?

LOVE is never about controlling, manipulating, shaming or hurting someone - physically, emotionally or verbally. LOVE is kind, caring, supportive, encouraging, respectful and patient.

Verbal Abuse

Verbal abuse is a type of emotional abuse that can be hard to identify. There aren't any physical signs on the outside (bruising, cuts, scars), but there is **damage on the inside** (self-esteem, spirit, self-doubt). **Verbal abuse is covert (sneaky) and meant to control you**, even when your partner claims to love you.

You might be experiencing verbal abuse if your partner:

- Yells, swears/cusses or screams at you or calls you names.
- Blames **you** for **their** actions.
- Dismisses your feelings. Self-esteem is non-existent.

Emotional Abuse

Emotional abuse is more than verbal insults. It is a series of repeated behaviors - **a pattern of insults, demands, threats, jealousy, stalking and criticisms.**

You might be experiencing emotional abuse if your partner:

- Criticizes you, mocks you or tells demeaning jokes about you to make you feel stupid, embarrassed or unattractive.
- Displays extreme jealousy and possessiveness. They try to keep you from your family and friends, need to know where you are at all times, track your phone location, constantly call and text, accuse you of cheating and try to control your every move.
- Uses threats to intimidate you (threatens to harm you, your family, your friends or pets).
- Keeps you off balance. They're angry one minute and nice/apologetic the next. You feel like you're walking on eggshells.

Physical Abuse

Physical abuse is any physical or sexual behavior that causes **harm, crosses your personal boundaries, or forces or coerces you into doing something you don't want to do.** This can also include drinking alcohol or doing drugs and anything that involves hitting, hurting, or restraining. **You have the right to not be touched or hurt.**

You might be experiencing physical abuse if your partner:

- Pushes or shoves you, spits on you, grabs your clothing or throws things at you.
- Grabs you to prevent you from leaving or forcing you to go somewhere.
- Nags you to send nude pictures of yourself (**sexting**).
- Forces you to have sex, take drugs, drink alcohol or do anything that you don't want to do.

If you or someone you know is experiencing abuse, there is help. You can **call or text** these numbers 24 hours a day, 7 days a week:

Suicide and Crisis Hotline: **Call or text 988**

Teen Dating Abuse Helpline: **Text LOVEIS to 22522 or call 1.866.331.9474**

Trevor Lifeline for LGBTQ Youth: **Text START to 678678 or call 1.866.488.7386**

LOCAL - Bay Area Turning Point Crisis Hotline (For men, women and children): **Call 281.286.2525 (don't text)**

Remember you can always CALL 911 if you are in immediate danger

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to take
the healthy
relationship
quiz!



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for hotline
phone
numbers.



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