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WARNING SIGNS OF ABUSE

1. Jealousy and controlling behavior
2. Quick involvement
3. Unpredictable mood swings
4. Alcohol and/or drug use
5. Isolates you from friends or family
6. Uses force during an argument
7. Shows hypersensitivity
8. Believes in rigid sex roles
9. Blames others for their problems
10. Cruel to animals
11. Threatens violence
12. Humiliates you in front of others

WHAT TO DO

Decide that the abuse is too much

Remember it's NOT your fault

Tell someone you are being abused

Call a local hotline for help

Develop a personal safety plan



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