



## ***10 Warning Signs***

- Name calling or put downs in front of people.
- Boyfriend/girlfriend acts extremely jealous when partner talks to member of the opposite sex, even when it is completely innocent.
- Friend apologizes for partner's behaviour and makes excuses.
- Friend cancels plans at last minute for reasons that sound untrue.
- Boyfriend/girlfriend is always checking up on your friend, calling, emailing, paging, demanding to know whereabouts.
- Boyfriend/Girlfriend loses temper often, may even break or hit things when mad.
- Your friend is worried about making girlfriend/boyfriend mad.
- Your friend is giving up things that are important, like spending time with friends or other activities, and is becoming more and more isolated.
- Weight, appearance, grades have changed dramatically. These are signs of depression which could indicate abuse.
- Friend has injuries that can not be explained or reason doesn't make sense.

## **What would you do if you thought your friend was in an abuse relationship?**

Most of the time, violence takes place when the couple is alone. You might not see dramatic warning signs like black eyes and broken bones. So how can you tell for sure? For one thing, listen to your instincts. You probably wouldn't be worried without good reason. Here are some signs to look for that might mean your friend is in trouble and might need your help. Remember abuse can happen to either the male or female in the relationship.

### **reality check**

Nothing is quite as exciting as a first love. It is the stuff of Romeo and Juliet – passion that sweeps you off your feet. What could be wrong with that? Usually nothing. But sometimes what can seem like intense love and devotion at first, can really be signs of jealousy, possessiveness and control – characteristics that can be early red flags for relationship abuse.

**“IF YOU LEAVE ME I’LL KILL MYSELF”**

**“I CAN’T LIVE WITHOUT YOU”**

**“IF YOU GO I DON’T KNOW WHAT I MIGHT DO”**

**Provided by the Sexual Assault Response Committee, for more information call 403-548-2717  
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