



VERBAL



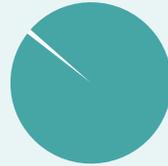
FINANCIAL



PHYSICAL



1/4 dating teens is abused or harassed online or through texts by their partner.



99%

of domestic violence cases include financial abuse.



:09

Every seconds a woman is assaulted.

EXAMPLES

- Name-calling
- Making crude remarks or put-downs
- Yelling and screaming
- Making threats or spreading rumors
- Gaslighting, a type of abuse that uses false statements to create doubt about reality

WARNING SIGNS

- The abuser constantly criticizes, insults, humiliates or even ignores her
- The abuser minimizes her experiences
- The abuser doesn't support her or makes derogatory comments about the things she loves

WAYS TO HELP

- Acknowledge that she is in a very difficult and scary situation, and then be supportive and listen
- Be non-judgmental
- Encourage her to talk to people who can provide help and guidance

EXAMPLES

- Sabotaging employment opportunities
- Forbidding her from working
- Controlling how money is spent
- Denying direct access to bank accounts

WARNING SIGNS

- She appears to be on a "budget," or not allowed to spend money without her abuser's permission
- She isn't allowed to work because her abuser wants her at home
- She always pays in cash, a potential sign that she is trying to keep her abuser from tracking her finances

WAYS TO HELP

- Help her make an exit plan
- Suggest that she document the situation
- Help her create an emergency fund
- Suggest that she establishes credit in her own name

EXAMPLES

- Punching, hitting or kicking
- Driving recklessly
- Using weapons
- Attempting to kill her
- Abusing children

WARNING SIGNS

- She has physical symptoms such as bruises, burns or bite marks
- She is afraid to disagree with her abuser
- She shows signs of depression
- She copes by abusing alcohol and/or drugs

WAYS TO HELP

- Be non-judgmental
- Continue to be supportive regardless of if she ends the relationship
- Encourage her to participate in activities outside of the relationship
- Help her develop a safety plan



EMOTIONAL



SPIRITUAL



35% of women who are or have been married or in a common-law relationship have experienced emotional abuse.

Women in religious communities are...

less likely to leave violent marriages.

more likely to believe it is their fault.



EXAMPLES

- Using shaming or belittling language
- Withholding affection or refusing to communicate at all
- Constantly criticizing
- Displaying passive-aggressive behavior



WARNING SIGNS

- She displays a loss of confidence or cries often
- She cancels plans with friends and family or always brings her abuser along
- She is secretive about the relationship
- She seems disengaged with old habits



WAYS TO HELP

- Assure her that you believe her and that you take emotional abuse seriously
- Do not blame her or make excuses for her abuser
- Ask her how you can help
- She may not want to leave her partner, even if you think that is what's best for her
- Respect her decisions and support her if she stays



EXAMPLES

- Using religious texts or beliefs to minimize or rationalize abusive behaviors
- Preventing her from practicing her religious or spiritual beliefs
- Using religious or spiritual beliefs to manipulate or shame her
- Forcing children to be raised in a faith that she has not agreed to



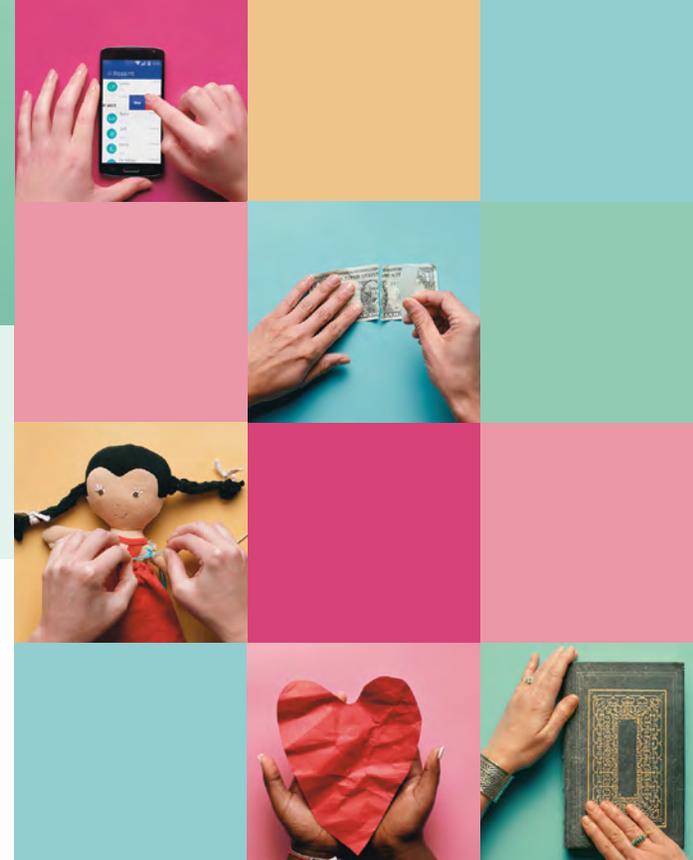
WARNING SIGNS

- The abuser distorts standards of honor, respect and authority
- She is driven into submission through fear and shame
- The abuser maximizes her sins and weaknesses while minimizing their own sins and weaknesses



WAYS TO HELP

- Make her safety and her children's' safety top priority
- Hold the abuser accountable
- Listen to and believe her story
- Accompany her to court hearings



BE HER FIRST STEP

Be her first step away from domestic violence by learning about it. Only then can you be a helping hand in addressing the many forms it takes.