

RELATIONSHIP VIOLENCE

Unhealthy, abusive, or violent relationships can have severe consequences

10 WARNING SIGNS OF ABUSE:

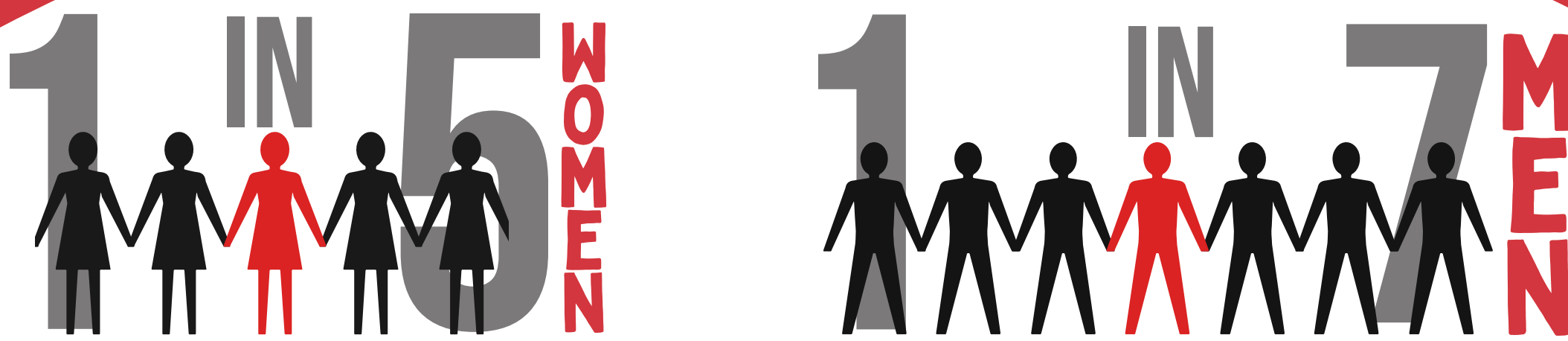
- Checks your cell phone or email
- Constantly puts you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from friends & family
- Make false accusations
- Mood swings
- Physically hurts you in any way
- Possessive
- Tell you what to do

VIOLENCE CAN LOOK LIKE

- *Sexual*
- *Stalking*
- *Psychological / Emotional*
- *Verbal*
- *Physical*

SHORT/LONG-TERM NEGATIVE EFFECTS

- Symptoms of depression & anxiety
- Engagement in unhealthy behaviors, such as tobacco, drug & alcohol use
- Involvement in antisocial behaviors
- Thoughts of suicide



report experiencing **Stalking, Rape or Physical Violence** by their intimate partner