

## Know the Warning Signs

It may be difficult to tell for sure that someone is being abused, as abusive actions and behaviours often do not take place in front of others. However, the following signs and symptoms may indicate that someone is being abused:

- One partner acts superior to the other
- One partner often insults or puts the other down
- One partner seems overly possessive or controlling of the other
- One partner often apologizes or makes excuses for the other partner's behaviours
- One partner seems to take the blame for everything that goes wrong
- One partner uses drugs or alcohol to cope



### Signs of Immediate Danger

- One partner threatens self-harm or harm to his/her partner, children, pets or others
- One partner watches, follows, attempts to control his/her partner
- One or both partners abuse drugs and/or alcohol
- One or both partners have access to weapons
- One partner has just left the relationship or is planning to leave

Being a supporter means understanding that violence and abuse is not the fault of the women regardless of what she or he says. **NO PERSON** deserves to be abused by another regardless of the situation. People have the right to live a life free from violence and abuse.