



## Warning Signs to Identify Abuse

**If you recognize some of these warning signs, it may be time to take action:**

- Your partner puts you down
- Your partner does all the talking and dominates the conversation
- Your partner checks up on you all the time, even at work
- Your partner tries to suggest they are the victim and act depressed
- Your partner tries to keep you away from your friends
- Your partner acts as if they own you
- Your partner lies to make themselves look good or exaggerates their good qualities
- Your partner acts like they are superior and of more value than others
- You may be apologetic and are making excuses for their behaviour or you are becoming aggressive and angry about it
- You are nervous talking when they are present
- You seem to be sick more often and are missing work
- You try to cover your bruises
- You makes excuses at the last minute about why you can't meet your friends or you try to avoid them on the street
- You seem sad, lonely, withdrawn and afraid
- You are using drugs or alcohol to cope

**Your situation may be more dangerous more dangerous more dangerous if, in addition to the warning signs listed above:**

- there has been past physical and/or sexual abuse
- there is current drug and/or alcohol abuse
- you have recently separated
- you have custody and access issues involving your children
- your partner has access to weapons
- your partner is excessively jealous and is convinced you are seeing someone else
- your partner seems to be following you
- your partner has a history of being abusive to others
- your partner disregards court orders
- your partner threatens to harm you, your children, your pets or your property
- your partner threatens to harm themselves

A good questions to ask yourself is: By not seeking help – is the abuse getting better or worse?  
It's never too late to ask for help and no situation too hopeless to seek assistance for. Please call Bow Valley Victim Services if you have questions or would alike assistance.

*Adapted from the Centre for Research and Education on Violence against Women and Children from materials produced by the Ontario Women's Directorate and CREVAWC for the Neighbors, Friends and Families campaign.*