

Is My Friend Being Abused?

Someone you know may be in a violent relationship.

Does the person your friend is dating:

- Always check up on them, calling or paging, and demanding to know where they have been and whom they have been with.
- Act extremely jealous when they talk to other people (especially the opposite sex), even when it is only a friendly conversation.
- Constantly apologizes for their behavior and makes excuses.
- Lose their temper and break or damage things when they are angry.
- Constantly talks about how to do something harmful, or says how 'cool' violent acts are.
- Tells mean stories about your friend, calling them names like, "stupid", "slut", or "dog".
- Has history of being cruel or abusive in their past relationships.

Does your friend now dating this person:

- Seem emotionally broken down; sad all the time; constantly bruised; unusually quiet; extremely withdrawn; isolated; nervous when talking around the person they're dating; acting oddly; afraid.
- Seem to be detached from everyone and everything; constantly distracted; unwilling to listen to your advice about the relationship; uninterested in your observations; ill and out of school a lot; unable to stop crying.
- Has changed dramatically in her appearance, weight, or grades.
- Seem always worried about upsetting the person they are dating.
- Frequently cancels plans with you and other friends at the last minute, giving reasons that sound untrue.
- Has injuries she can't explain, or the explanation she gives seems lame.
- Seem depressed a lot.

- Has given up things important to them, like spending time with friends or activities they used to participate in.
- Constantly worries about making them angry.
- Has become more and more isolated.
- Suddenly seems to have noticeable medical problems: are out sick a lot; show weight loss and/or hair loss.