

Early Warning Signs of Domestic Abuse

Is your friend.....

- Having their movements monitored (being checked up on)
- Being stopped from seeing friends & family
- Having their phone & social media monitored
- Having their finances controlled
- Being put down in public
- Being told what to wear, how to behave
- “Walking on eggshells”
- Being coerced to have sex
- Being physically hurt

Is your friend's partner

- Jealous and possessive?
- Charming one minute and abusive the next? Do they have sudden changes of mood – like Dr Jekyll and Mr Hyde?

(Adapted from www.refuge.org.uk/what-we-do/campaigns/early-warning-signs/)