

SPOT THE SIGNS OF DOMESTIC ABUSE

Domestic abuse can happen to anyone. Abuse isn't always physical; it can be emotional, financial, psychological, or controlling.

Behavioural Signs

- Constantly checking in with or needing "permission" from their partner/family member.
- Withdrawing from friends, family, or usual activities.
- Sudden changes in personality (e.g. from outgoing to quiet or nervous).
- Avoiding social events or cancelling plans last minute.
- Seeming anxious, on edge, or overly worried about upsetting someone.
- Excusing or minimising another person's bad behaviour ("It's my fault," "They didn't mean it").
- Lack of access to phone, money, transport, or documents.

Physical Signs

- Unexplained bruises, cuts, or injuries with vague or inconsistent explanations.
- Wearing long sleeves or sunglasses indoors to cover up marks.
- Appearing frequently tired, run-down, or having sudden weight loss/gain.
- Delayed medical care for injuries or illnesses.

Emotional/Psychological Signs

- Low self-esteem or self-worth ("I'm useless," "No one else would want me").
- Seeming fearful when their partner/family member is mentioned or enters the room.
- Sudden mood changes – tearfulness, irritability, or withdrawal.
- Loss of confidence in decision-making or independence.
- Talking about feeling "trapped" or like they "can't do anything right."

Controlling or Possessive Dynamics

- Their partner/family member constantly texts, calls, or monitors them.
- Pressure to account for every penny, movement, or time spent.
- Being isolated from support systems (friends, family, work colleagues).
- Not allowed to work, study, or pursue hobbies.
- Financial control – partner/family member holds all money, takes wages, or limits spending.
- Jealousy or accusations of cheating when there's no cause.

Red Flags in the Abuser's Behaviour

- Belittling or humiliating their partner/family member in public or private.
- Overly charming at first, then becoming possessive or critical.
- Explosive temper, unpredictable mood swings.
- Blaming others for their problems or behaviour ("You made me do it").
- Minimising or denying abusive actions.
- Using children, pets, or loved ones as leverage to control someone.

Neighbour/Friend/Family Warning Signs

- You hear shouting, threats, or sounds of violence through walls.
- You notice someone seems afraid or changes their behaviour around their partner/family member.
- They are rarely seen alone, always accompanied by their partner/family member.
- They seem nervous about having visitors or speaking freely.
- You notice locks, cameras, or restrictions used to monitor/control them.

Remember. Abuse isn't always obvious, and not every sign will be visible. Trust your instincts if something feels wrong, it may be.

TO FREEDOM FROM
DOMESTIC ABUSE

