

### Warning Signs of Intimate Partner Violence

#### You May be at Risk

- If your partner behaves in some of the following ways you may be at risk of, or already experiencing, intimate partner violence:
  - Threatening
    - To physically harm you.
    - To damage your property.
    - To hurt a pet or take a pet away.
    - To harm someone close to you.
    - To take your children away from you.
    - To hurt themselves or commit suicide because they are upset.
  - Controlling
    - Exhibits jealousy.
    - Limits your contact with other people. Stops you from seeing or talking to family or friends.
    - Demands to know where you are and what you are doing.
    - Stops you from leaving the house when you want to go.
    - Prevents you accessing income/money.
  - Demeaning
    - Calls you names.
    - Insults, humiliates, or makes fun of you.
    - Tells you you're a failure, a loser, or not good enough.
    - Tells you no one else would want you.

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#### Sources:

American Psychological Association. (2012). *Intimate Partner Violence Facts and Resources*. Washington, DC. Retrieved from American Psychological Association website: <http://www.apa.org/topics/violence/intimate-partner-violence.pdf>

Sinha, M. (Ed.). (2013). *Measuring violence against women: Statistical trends*. (Catalogue no. 85-002-X). Retrieved from Statistics Canada website: <http://www.statcan.gc.ca/pub/85-002-x/2013001/article/11766-eng.pdf>