

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.

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>