*ARE YOU BEING ABUSED?

~ Does he criticize you constantly?

~ Does he make fun of your accomplishments?

~ Does he tell you that you are nothing without him?

~ Are you afraid to tell him how you feel?

~ Are you afraid to disagree with him?

~ Does he call you constantly or just show up to check on you?

~ Does he allow you time to be with your friends or are you only allowed to spend your time with him?

~ Does he make you feel like all problems are your fault?

~ Does he tell you how you should dress, wear your hair or makeup?

~ Do you make excuses to other people for his behavior?

~ Does he grab, slap, hit, shove, punch or kick you?

~ Does he yell, scream or threaten you?

~ Do you stay in the relationship only because you are afraid of what he will do if you leave?

**Men and boys can be abused in similar ways.*

If any of this is happening in your relationship, get help. Dating violence will only get worse without intervention. Talk to someone. Do not keep the abuse a secret. Keeping it secret gives the abuser more power. Talk to a friend, family member, or pastor.

If you would like more information, please contact Abigail Ministries or the National Dating Abuse Helpline at 1-866-331-9474.

Abigail Ministries
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Dating Violence

Are You Being Abused?



Abigail Ministries
Empowering Abused Women ~ Educating Communities

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 (NKJV)

When one person repeatedly uses controlling behaviors to gain power and control over another, it is abuse. Abuse can occur in a dating relationship. Are you aware of the signs?

Dating violence can take many forms. It can include:

- Jealousy
- Insults
- Possessiveness
- Humiliation
- Monitoring your movements
- Isolation from family and friends
- Intimidation
- Threats
- Physical abuse
- Sexual abuse

Abusers blame their victims for the abuse or use jealousy as an excuse. Using jealousy to control someone is not a way of showing love. It is a warning sign of abuse.

Statistics show that approximately 30% of all high school and college students experience dating violence.

Are you treated with respect and dignity or as a possession to be controlled?



Types of Abuse

PHYSICAL ABUSE:

- Slapping
- Holding down or blocking an exit so you cannot leave
- Grabbing
- Biting
- Hitting
- Shoving
- Punching
- Using a weapon

SEXUAL ABUSE:

- Forcing you to have sex - date rape
- Forcing or coercing you to have unsafe sex
- Making reproductive decisions for you
- Touching you against your will
- Kissing you when you don't want to kiss
- Referring to your body in crude, demeaning sexual ways
- Forcing you to go further sexually than you want

VERBAL ABUSE:

- Calling you names
- Using words to destroy your self-worth
- Ridiculing
- Accusing
- Using profanity
- Insulting
- Shaming

EMOTIONAL ABUSE:

- Humiliation
- Manipulation
- Deceiving or lying
- Isolating you from friends or family
- Demanding all of your time
- Not allowing you to have privacy
- Instilling fear
- Denying your reality to make you feel crazy
- Putting you down
- Playing mind games
- Making all the rules in the relationship
- Threatening to leave you if you don't do what he says
- Not accepting responsibility for his actions
- Acting like abuse is acceptable
- Threatening to hurt you if you break up with him
- Threatening to commit suicide if you break up with him
- Treating you like property
- Using jealousy to justify his actions
- Constant criticism
- Embarrassing you in front of your friends
- Using a threatening tone
- Threats to harm your family
- Threats to harm your property or pets
- Monitoring your movements
- Having expectations that no one could meet
- Making you feel afraid