

**Although we can't always predict violent or abusive behavior, these warning signs provide some indication. Watch out for individuals who...**

- ?? ignore you when you speak; talk over you.
- ?? cross or violate your personal boundaries.
- ?? call you names or make accusations.
- ?? expect you to alter your way of dress.
- ?? try to persuade you with pleas or accusations if you resist their sexual advances.
- ?? demonstrate a prejudice about gender, race, religion, ability, size, or sexual orientation.
- ?? have a low tolerance for stressful situations.
- ?? rarely show emotions or talks about their feelings.
- ?? have displayed violence or abuse against people, animals, objects, or the earth.
- ?? expect you to alter your free time and your activities because of their jealousy.
- ?? appear to have a dual personality.
- ?? demonstrate a lack of self-esteem and self-confidence.
- ?? expect you to yield to their desires.
- ?? frighten you when they are angry.
- ?? blame you for their behavior.
- ?? abuse alcohol or use drugs.
- ?? are angry at the world.
- ?? were probably battered as a child.
- ?? witnessed their fathers beating their mothers and siblings.
- ?? rarely acknowledges the seriousness of their behavior.

## **PROTECT YOURSELF**

You can't always avoid personal violence, but here are some things you can do to minimize your chances.

- ?? Know that you are never responsible for fulfilling anyone else's sexual needs, and that love is not synonymous with sex.
- ?? Use assertive speech and body posture.
- ?? Have your own transportation or taxi fare.
- ?? Avoid secluded places, including houses, apartments, and rooms in residence halls and fraternity/sorority houses.
- ?? Be aware that using alcohol or drugs makes you more vulnerable because you are less able to assess the danger and escape.
- ?? Trust your discomfort; if you sense potential danger, listen to your instincts.
- ?? Get out of violent or uncomfortable situations. Be impolite if necessary. Protest loudly. Leave.
- ?? Go for help.

You can leave a violent relationship. People who have left abusive relationships say they're happier without the abuse, even if they are alone.