

Abusers are Clever

- Abusers pick and choose whom to abuse.
- Abusers carefully choose when and where to abuse
- Abusers are able to stop their abusive behavior when it benefits them
- Violent abusers usually direct their blows where they won't show

How Should YOU Help?

Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions

Don't:

- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

Source: helpguide.org

DOMESTIC VIOLENCE

Protect YOURSELF



Source: helpguide.org

FL DOMESTIC VIOLENCE HOTLINE

Phone: (305) 285-5904

Phone: (305) 639-1170

Please call for immediate assistance!

Red Flags

*People who are **being abused** may:*

- Seem afraid or anxious to please their partner
- Go along with everything their partner says and does
- Check in often with their partner to report where they are and what they're doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner's temper, jealousy, or possessiveness
- Have very low self-esteem, even if they used to be confident
- Show major personality changes (e.g. an outgoing person becomes withdrawn)
- Be depressed, anxious, or suicidal
- Have frequent injuries, with the excuse of "accidents"
- Be restricted from seeing family and friends

Source: helpguide.org