

A BYSTANDER'S GUIDE TO EMOTIONAL ABUSE

SOMEONE YOU THINK IS AN ABUSER MAY:

- Call the victim names, insult them, or constantly criticize them.
- Act jealous or possessive or refuse to trust them.
- Isolate them from family, friends, or other people in their life.
- Monitor the victims activities with or without their knowledge, (where they are, who they see, who they talk to).
- Humiliate the victim in any way, especially in front of others.
- Tell the victim that they're lucky to be with them or that they'll never find someone better.
- **Gaslight** them by pretending not to understand or refusing to listen to the victim, questioning their recollection of facts, trivializing the victims needs or feelings, or denying previous statements or promises.

SOMEONE YOU BELIEVE TO BE A VICTIM MAY:

- Act submissive towards their partner.
- Be anxious to see or be around their partner.
- Seem to always be in contact with their partner, and may be nervous if they are not able to respond right away.
- Be anxious to please their partner.
- Be afraid of their partner.
- Reference their partner's temper, possessiveness, or jealousy.
- Be restricted from seeing family and friends.
- Have limited in access to money, a phone, resources, or transportation.

SAFETY REMINDER

When you suspect someone in your life is being abused, it is important to prioritize the safety of the victim as well as yourself. Make sure to address your concerns with the victim alone, in a safe place, and where the abuser cannot overhear.

A person who is being abused may not be ready to admit their situation, or they may not be willing or able to leave.

At the end of the day, it is their decision as to how to proceed. You can still support them and let them know that you are a safe person for them to come to, whenever they need it.

RESOURCES

Heartly House Inc.
24/7 Hotline: 301-662-8800
heartlyhouse.org

The National Domestic Violence Hotline
24-Hour Hotline: 1-800-799-7233
www.thehotline.org

RAINN
24-Hour Hotline: 1-800-656-4673
www.rainn.org

Break the Cycle
www.breakthecycle.org

Love Is Respect
www.loveisrespect.org

Futures Without Violence
www.thatnotcool.org

One Love Foundation
www.joinonelove.org