How Do You Know If You Are in an Unsafe Relationship?

An unsafe and exploitative relationship can be very dangerous for you. Here is a series of warning signs that may help you identify if you are in an unsafe relationship. If you are experiencing some of these warning signs, seek help from a professional organization that works with people in domestic and family violence situations.

**Abuse**

- The person may physically hit and/or kick you and/or threaten to harm or kill you.
- They may shout, scream and/or say verbally abusive things to you.
- They may sexually assault you. They may force you to do sexual acts when you do not want to.
- They may force you to watch pornography.
- They may say things to you to make you feel awful and damage your self-esteem.
- They may be cruel and unkind to you in secretive ways that others can’t see.
- They may be abusive to you in front of others and make fun of you.
- They may make fun of and/or are critical of your body, how you look and/or how you dress.
- They may share details of your personal relationship with friends in a harmful manner and character shame you.

© Educate2Empower Publishing 2019