

## Extreme Jealousy:

- A partner who does not want the other partner to have friends and/or gets mad when they spend time with friends
- A partner who cannot tolerate the other partner expressing warm feelings for anyone else
- A partner who checks up on the other partner frequently & doesn't accept breaking up

## Threatens:

- A partner who threatens the other partner with physical and/or psychological harm (negative consequences with family, friends, community)

## Drug & Alcohol Abuse:

- A partner who pressures the other partner to abuse alcohol and/or other drugs
- A partner who blames intoxication for abuse

## History of Bad Relationships:

- Blames past partners for all of the problems in past relationships



# Helping Resources

## Counseling, Health & Wellness

73 Tremont Street, 5th Floor  
617-573-8226

M-Th 9am-6pm, F 9am-5pm  
suffolk.edu/chw



**SUFFOLK**  
UNIVERSITY  
**BOSTON**

COUNSELING, HEALTH  
& WELLNESS

A large, stylized purple awareness ribbon is positioned behind the text.

**DOMESTIC  
VIOLENCE  
AWARENESS**

**RELATIONSHIP  
VIOLENCE:**

*Early  
Warning  
Signs*

Three teal-colored starburst or sparkle icons are scattered around the text.

**SU Dean of Students**  
617-573-8239  
12th Floor, 73 Tremont St

**SU Police Department**  
617-573-8111  
Ridgeway Building, 4th Floor  
148 Cambridge St

**SU Title IX Office**  
617-573-8027  
13th Floor, 73 Tremont St

**Boston Area Rape Crisis Center**  
800-841-8371  
Hotline Open 24/7

**Casa Myrna Safelink Hotline**  
877-785-2020  
Hotline Open 24/7

## Possessiveness:

- A partner who tries to control by giving orders, making all the decisions and/or not taking the other partner's opinion seriously
- A partner who acts as if they own the other partner, their body & time

## Unpredictable Mood Swings:

- A partner who can dramatically shift from being jealous, controlling or angry to being sweet, charming & loving
- A partner with whom the other partner has worry about how they will react to what they say or do
- A partner whose reactions are scary to the other partner

## Explosive Anger/Frustration:

- A partner who has a history of fighting, losing their temper quickly, and/or bragging about mistreating others

## Low Self-Esteem:

- A person with low self-esteem may say: "I am nothing without you" or "You are my world" in order to control

## Pressures for Sex:

- A partner who is forceful or scary around sex
- A partner who does not obtain consent
- A partner who says "If you really loved me you would..."

## Blames Others for "Why" They Have Been Violent:

- A partner who blames the other partner when they mistreat them
- A partner who says "you provoked me..." and/or "you led me on..."

## Family & Friends Are Worried:

- Family & friends are expressing concern about the partner and/or fearing for the loved one's safety

If you or someone you know is experiencing any of the above warning signs, turn to someone for help.



# Types of Domestic Violence

\*Definitions include, but are not limited to the following examples\*

## Physical Abuse:

Includes pushing, shoving, hitting, punching, choking, restraining, assault with a weapon, leaving the person in a dangerous place, refusing to help when the person is sick or injured.

## Psychological Abuse:

Includes humiliation, intimidation, threats of harm, criticizing, insulting, belittling, ridiculing, verbal threats, separation from social supports, extreme jealousy, possessiveness, accusations.

## Sexual Assault:

Refers to a continuum from rape to nonphysical forms of pressure that compel individuals to engage in sex against their will.

## Stalking:

Repeated harassing, threatening, or unwanted behaviors, including following, appearing at a person's home or place of work, harassing calls/messages, vandalism.

## Economic Abuse:

Involves restricting access to resources such as bank accounts, phone communication, transportation, medical care.