



7
JEALOUSY
Using jealousy to justify actions.



6
ISOLATION
Controlling what another person does, reads, who they talk to, and/or where they go.

5
SEXUAL COERCION
Manipulating or making threats to get sex. Getting someone drunk or drugged to get sex.

9
EMOTIONAL
Making someone feel bad about themselves, calling them names, or making them think they are crazy or feel guilty for something they did or did not do.



8
HUMILIATION
Threatening to expose or spread rumors, telling malicious lies about a person.

Ten

Warning Signs of an



Abusive Relationship

1
INTIMIDATION

Making someone afraid by using looks, actions, or gestures. Smashing things, abusing pets, or displaying weapons.

2
MINIMIZATION

Making light of the abuse and not taking concerns about it seriously.

3
DENIAL AND BLAME

Saying the abuse didn't happen and shifting responsibility for abusive behavior.

4
THREATS

Making and carrying out threats to hurt someone. Threatening to leave, to commit suicide, or to report her/him to the police.



10
USING SOCIAL STATUS

Treating someone like a servant.
Making all the decisions.
Being the one to define how a woman should act and how a man should act.

For more info visit www.health.utah.gov/vipp