

Warning Signs:

Victims

- Sudden changes in appearance
- Avoids contact with family & friends
- Spends all of free time with abuser
- Cries a lot; moody
- Is very stressed with physical symptoms
- Sudden changes in behavior
- Defends abuser and his/her actions

Abusers

- Sudden & drastic mood swings
- Acts macho or cocky
- Jealous and controlling
- Cruelty to animals and/or children
- History of battering
- Constantly checking on partner
- Blames others for their problems

What to Do:

Victims

- Decide that any abuse is too much
- Tell someone you are being abused
- Document your injuries
- Call a local hotline for help
- Fill out a personalized safety plan
- Remember that it is **NOT** your fault you are being abused

Friends & Family

- Learn all you can about abuse
- Teach your loved one about abuse
- Document the injuries you see
- Call a local hotline for more resources
- Listen to your loved one
- Be patient!

(24 hours a day/7 days a week; free calls)

Utah Domestic Violence Link Line:
1-800-897-LINK (5465)

Rape & Sexual Assault Crisis Line:
1-888-421-1100