

## **So, what are the warning signs?**

When your partner uses verbal insults, mean language, nasty put downs, gets physical by hitting or slapping, or forces someone into sexual activity, is a sign of verbal, emotional, or physical abuse.

Ask yourself? Does my partner...

- Get angry when I don't drop everything for him/her?
- Keep me from seeing my friends or from talking to other guys or girls?
- Want me to quit an activity, even though I love it?
- Criticize the way I look or dress?

These aren't the only questions but if you think your partner is trying to control you, make you feel bad about yourself, isolate you from the family or friends or society, harm you physically or sexually, then it's important to find a support system and get out fast.

It's tempting to make excuses or misunderstand but if your partner is hurting you in these types of ways, it is not healthy. No one deserves to be treated this way. Think about qualities you value in a friendship and see how they match up with a healthy relationship. Work on developing those good qualities in yourself and if you are already in a relationship then that relationship should bring out the best in both of you.

If you want more information go to Mitchell County's Safe Place Website to learn more on Domestic Violence Awareness [We're Here to Help | Mitchell County SafePlace | United States](#) or [Nemours KidsHealth - the Web's most visited site about children's health](#) to learn more on healthy relationships vs unhealthy relationships.