

Someone You Know May Be in an Abusive Relationship If...

- ...his girlfriend is always checking up on him, calling or paging him, and demanding to know where he's been and whom he's been with.
- ...he acts extremely jealous when she talks to other guys, even when only a friendly conversation.
- ...a teen you know seems to be: emotionally broken down, sad all of the time, constantly bruised, unusually quiet, extremely withdrawn, isolated, nervous when talking around the person they're dating, acting oddly, afraid.
- ...your friend seems to be: detached from everyone and everything, constantly distracted, unwilling to listen to your advice about her relationships, uninterested in your observations, ill and out of school a lot, unable to stop crying.
- ...her weight, appearance, or grades have changed dramatically since she started dating him.
- ...he always seems worried about upsetting her.
- ...since she started dating him, she frequently cancels plans with you and other friends at the last minute, giving reasons that sound untrue.
- ...he constantly apologizes for her behavior and makes excuses for her.
- ...she has injuries she can't explain, or the explanation she gives seems lame.
- ...you've seen him lose his temper and break or damage things when he's angry.
- ...she seems depressed a lot since she's been dating him.
- ...since they've been dating, he's given up things that used to be important to him, such as spending time with his friends or the activities he used to participate in.
- ...she constantly worries about making him angry.
- ...he constantly talks about how to do something harmful, or says how "cool" violent acts are.
- ...since he began dating her, he has become more and more isolated from everyone else.
- ...when she and her boyfriend are together with other people, he tells mean stories about her, calls her names or generally puts her down.
- ...someone you know who is in a relationship suddenly seems to have noticeable medical problems: they're always going to the doctor, are out sick a lot, show weight loss and/or hair loss.
- ...one of the teens has a history of being cruel or abusive in their past relationships.

