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## **SIGNS THAT YOU MIGHT NOT BE SAFE IN YOUR RELATIONSHIP**

Unsafe behavior from your girlfriend, boyfriend, or spouse can take several forms. The more signs you recognize, the sooner you can take steps to stop it. Help is available to support you.

Unsafe behavior often falls into two categories: **EMOTIONAL** and **PHYSICAL**

<b>EMOTIONAL</b>	<b>PHYSICAL</b>
<p>Your partner may:</p> <ul style="list-style-type: none"> <li>○ yell and call you names</li> <li>○ control your money</li> <li>○ control where you go, what you wear, and whom you see</li> <li>○ bully you</li> <li>○ stalk you</li> <li>○ threaten to leave you if you don't do what he/she says</li> <li>○ threaten to hurt you if you don't do what he/she says</li> </ul>	<p>Your partner may:</p> <ul style="list-style-type: none"> <li>○ hit you</li> <li>○ shove you</li> <li>○ throw things at you</li> <li>○ bite, kick, or restrain you</li> <li>○ choke you or pull your hair</li> <li>○ force you to engage in sexual behavior that you don't want</li> <li>○ try to strangle you</li> </ul>

You can also be at **risk** for experiencing unsafe behaviors in your relationship if the following things have happened in the **past** or are happening in the **present**:

<b>PAST</b>	<b>PRESENT</b>
<p>You:</p> <ul style="list-style-type: none"> <li>○ experienced child abuse</li> <li>○ witnessed you parents fighting and/or using violence</li> <li>○ have already had a partner who hurt you</li> <li>○ are having marriage problems and/or are getting separated or divorced</li> <li>○ have recently separated from a partner who hurt you</li> </ul>	<p>You:</p> <ul style="list-style-type: none"> <li>○ are young</li> <li>○ struggle with depression</li> <li>○ use substances or alcohol heavily</li> <li>○ are pregnant</li> <li>○ don't feel as though you have any or enough friends</li> <li>○ struggle to pay your bills</li> <li>○ have a physical disability</li> </ul>

**If you are experiencing any of these problems or you are worried that they could happen, we are available for support**  
**The Safing Center -- 781-687-3998**

**National Domestic Violence 24-hour Hotline 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)**