Is This Abuse?

Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn’t mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

Warning Signs of Abuse
Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

• Checking your cell phone or email without permission
• Constantly putting you down
• Extreme jealousy or insecurity
• Explosive temper
• Isolating you from family or friends
• Making false accusations
• Mood swings
• Physically hurting you in any way
• Possessiveness
• Telling you what to do

Learn more about how unhealthy relationships work by exploring our power and control wheel at loveisrespect.org.