MAYA'S DATING HANDBOOK

VOL 4.
EARLY WARNING SIGNS OF INTIMATE PARTNER VIOLENCE

CENTER FOR DOMESTIC PEACE: MARIN AGAINST YOUTH ABUSE (MAYA)

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LETS TALK ABOUT RED FLAGS

THE CDC HAS POINTED OUT SOME IPV PERPETRATOR WARNING SIGNS:

- Aggressive behavior in youth
- Antisocial personality traits
- Insecurity and emotional dependence
- Beliefs in rigid gender roles and hostility towards women
- Trying to exert control or power in relationships
- Economic stress
- Social isolation
- Low self-esteem
- High impulsivity/ low behavior control and poor problem-solving skills
RED FLAGS IN RELATIONSHIPS

HERE ARE SOME EARLY SIGNS OF IPV THAT MAY RAISE A RED FLAG:

- Accusing you of flirting or cheating
- Alcohol or substance abuse
- Isolation from your family and friends
- Blaming external forces for problems, mood swings, and behaviors (i.e., "I had a long day at work")
- Financial control or financial abuse
- Behavior indicating jealousy and possessiveness
- Extreme sensitivity to any type of emotional distress
- Mood swings and episodes of intense anger
- Demeaning you, especially to others
- Verbal abuse and threatening violence
- Intensity and quick attachment at the start of a relationship
There is no definitive checklist for IPV perpetrators.

But these are the lifestyle and individual factors that seem to occur concurrently throughout data linked to at risk and precursor behavior.

The same goes for the victims of IPV, but here are some indications that someone may be experiencing IPV.
RISKS TO CONSIDER

- Isolating oneself from friends or family
- Changes in mood, sleep, or eating patterns
- Inexplicable scratches or bruising or other injuries
- Withdrawn
- Signs of PTSD or worsening anxiety

...and possibly continuing the perpetrator/victimization cycle from either perspective in their relationships down the line
During the early stages of a relationship, it's pretty easy to let red flags go. However, if you see these signs in a friend or loved one, please try to reach out to them in a private setting.

If you are experiencing this in your relationship, try to reach out for help from a family member or someone who could help stop the cycle.

Lastly, understand that you are deserving of more than another's vindictive behavior.
ARE YOU IN DANGER?

CALL 911 IF YOU HAVE AN EMERGENCY.

24-HR HOTLINE
415-924-6616

TEXT HELP AVAILABLE:
415-526-2557, 9AM – 5PM, MONDAY – FRIDAY

FOR THERAPY AND SUPPORT GROUPS, PLEASE CALL 415-526-2553, 9 AM – 5 PM, MONDAY – FRIDAY.

@MARINAGAINSTYOUTHABUSE
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