

MADE BY YOUTH FOR YOUTH

MAYA'S DATING HANDBOOK

VOL 4.

EARLY WARNING SIGNS OF
INTIMATE PARTNER
VIOLENCE

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

CENTER FOR DOMESTIC
PEACE®
Working Together to End Domestic Violence

By N. Colombana-Walsh

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.

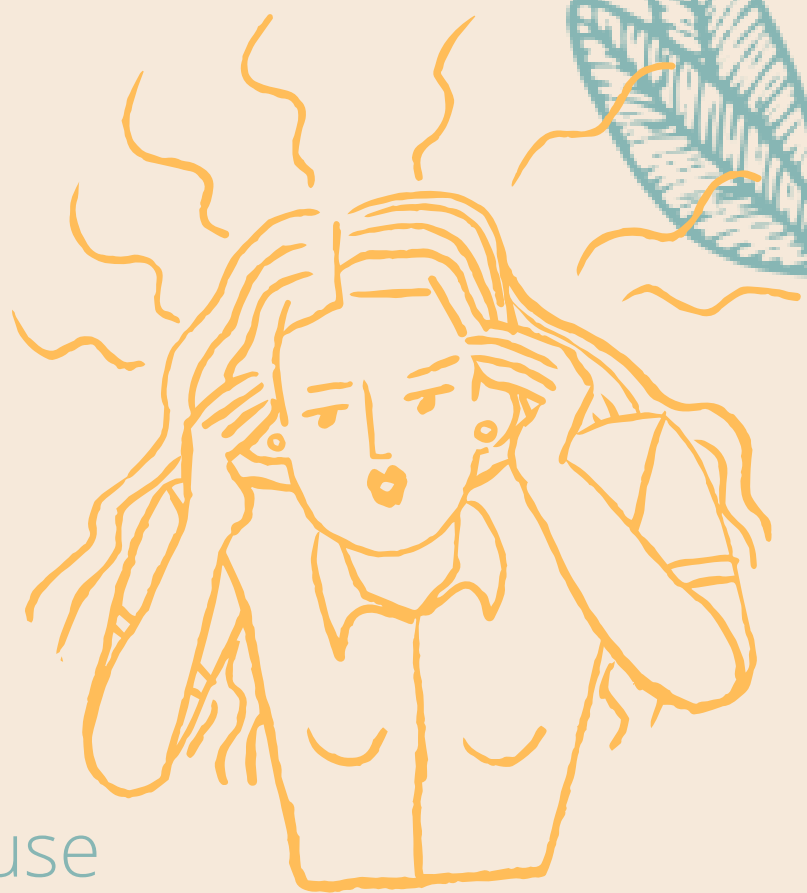
But these are the lifestyle
and individual factors that
seem to occur concurrently
throughout data linked to at
risk and precursor behavior.

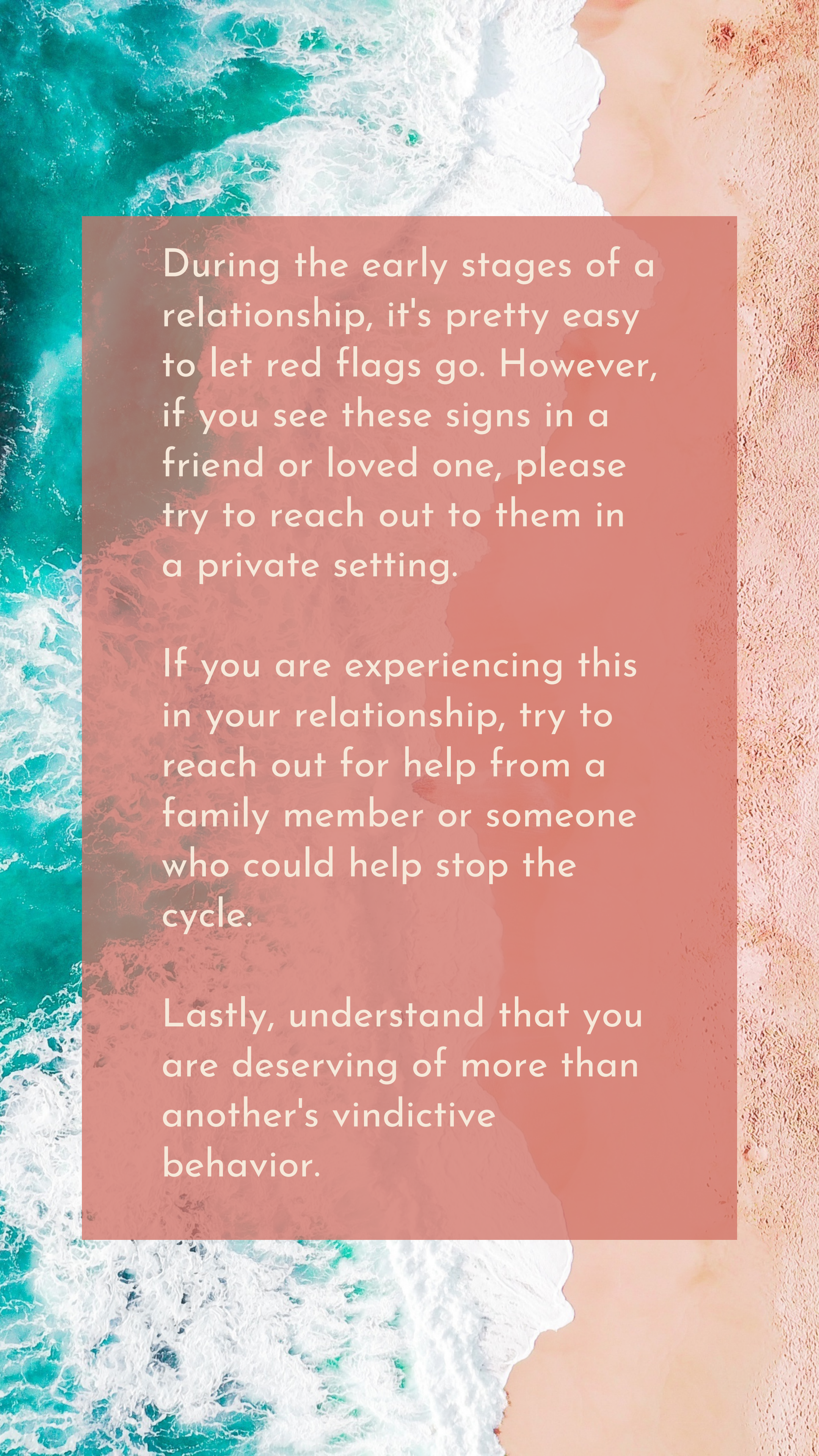
*The same goes for the victims of IPV, but here
are some indications that someone may be
experiencing IPV.*

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- Withdrawn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.

Connection & Resources

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.

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<https://centerfordomesticpeace.org/>



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