

How can I tell if someone I know is being abused?
(Adapted from L.A. Gay & Lesbian Center's STOP Partner Abuse/Domestic Violence Program)

Possible indicators of intimate partner/domestic abuse are:

- Often has bruises or injuries or has frequent "accidents" for which s/he gives vague explanations.
- Multiple injuries in various stages of healing
- Unexplained injuries during pregnancy, miscarriage or premature births
- Unexplained delay in or resistance to seeking medical treatment for injuries
- On-the-job issues such as lost productivity, chronic absenteeism and/or lateness, requests for excessive amounts of time off and/or harassment by the abuser in person or via phone or email
- Frequently cancelling plans at the last minute
- Interactions or dynamics between a couple that make you uncomfortable or tense (e.g., one person humiliates, degrades, criticizes the other publicly; one person seems to control the relationship - where they go, who they see, where they live; one person is frightened of the other)

Remember that abuse is a pattern of behavior. All couples have arguments or disagreements and times when they don't get along. You are looking for a pattern of power and control wielded by one person over the other.