



Signs for people *outside* the relationship

Once verbal, emotional, sexual or physical abuse begins, you may notice:

- Less likely to be as involved as they were in school activities or places of worship
- Stops spending time with other friends and family
- Critical of their own appearance, talents, or abilities
- No longer as outgoing and instead have become withdrawn, depressed, and/or anxious
- May frequently cry
- Change the way they use technology; maybe they're not on social media anymore, or they get upset if they're asked to turn off their phone
- Secretive; for example, they may provide only vague details about their plans, or stop talking about their partner with family and friends;
- Grades decline;
- Change the way they dress; also, they may wear clothing that doesn't match the season
 - (e.g., they used to dress trendy and now dress much more conservatively, or they wear long sleeves in the summertime);
- Unexplained bruises or injuries, or if they do offer an explanation for an injury, their explanation doesn't make sense (e.g., ran into a door, tripped on a curb, etc.);
- Protective of their phone or computer;
- Apologize and/or make excuses for their partner's behavior; for example, if their partner is sullen, rude, cold, or abrasive, the victim in the relationship may say the abuser is just "having a bad day";
- Frequently offers explanations to their partner or often say they're "sorry" to their partner;
- Jumpy at the sound of loud or sudden noises, or instinctively shrink away when another person is loud or unexpectedly moves close to them; and/or
- Mention their partner's violent behavior but then laugh it off as if it's a joke.

Teens in an abusive dating relationship are susceptible to depression.

Warning Signs of Depression:

- Lack of interest in activities they used to enjoy
- Lack of energy
- Changes in appetite or body weight—either lack of appetite/eating or gaining weight
- Changes in sleeping habits—has trouble getting to sleep or staying asleep, or oversleeps
- Negative self-talk or putting themselves down
- Irritability or easily becoming angry
- Headaches, stomachaches, or other unexplained aches and pains
- Trouble concentrating or lower grades (due to inability to focus)
- Feeling hopeless (only the teen may notice this)

Warning Signs of Suicidal Thoughts and/or Attempts:

- Making comments such as "Everyone would be better off without me."
- Making comments about harming or killing themselves
- Becoming preoccupied with death or dying
- Giving away items that have always meant a lot to them or that they wouldn't share with others in the past

