

Understand to Upstand

SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

Understanding domestic violence is the first step on the journey to helping others. **Upstanders** actively take steps to safely provide support to those who need it!

ISOLATION

When someone isolates their partner from friends and family, it could be a red flag that they are seeking to control other aspects of one's life as well. Isolation allows abusers to manipulate their partner with little intervention from loved ones.

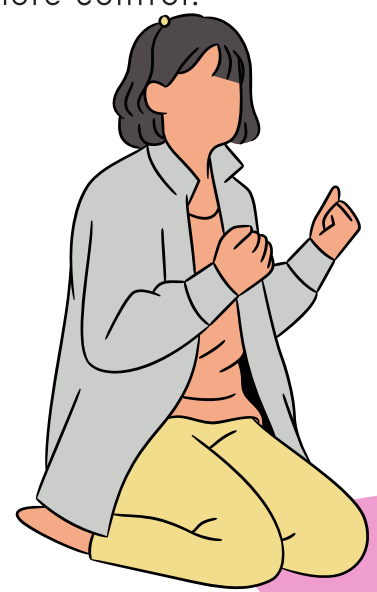


TRACKING WHEREABOUTS

A partner might call it "checking in," but if they are constantly asking who you are with, where you are, when you'll be home, and sending multiple messages or making multiple calls, this could be a red flag that they are seeking more control.

EARLY PUT DOWNS

If someone uses language that makes their partner feel bad about themselves, or demeans or embarrasses them in front of others, they may be trying to decrease their partner's sense of self-worth. Over time, these behaviors can harm a person's view of self, making it easier for the abuser to maintain control.



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There are many more red flags in abusive relationships; knowing the signs can help to save you or a loved one from abuse. **Domestic violence**, also known as **intimate partner violence**, *is a pattern of behaviors of one person to gain or maintain control over their partner. It can happen to anyone.*

Domestic violence can take many forms, and is not always physical. It can happen over time, and can look different in each individual relationship.

For more information on understanding domestic violence and how to identify red flags, listen to Episode 3 (DV102) of our podcast, **Safe Keeping**, at joetorre.org/podcast.