

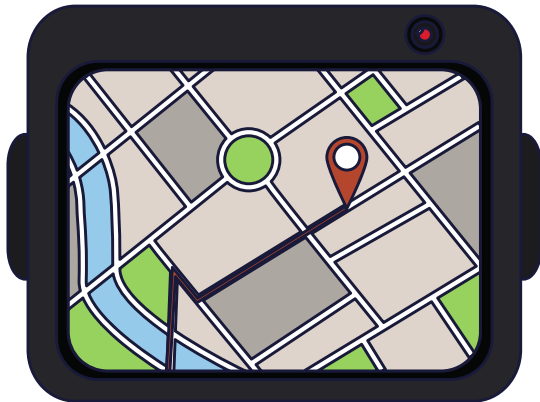
# Understand to Upstand

## SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

**Understanding** the impact of bullying 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 partners causing harm to manipulate their partner with little intervention from loved ones.



### TRACKING WHEREABOUTS

A partner might call it "checking in," but if they are constantly sending multiple messages or calling asking who you are with, where you are, and when you'll be home, it 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 self-worth. Over time, these behaviors can harm a person's view of themselves, making it easier for the partner causing harm to maintain control.



JOE TORRE  
**SAFE AT HOME.**

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There are many red flags in abusive relationships; knowing the signs can help to save you or a loved one from abuse. **Domestic violence** (DV), also known as **intimate partner violence** (IPV), *is a pattern of behaviors of one person to gain or maintain power and control over another 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** (DV 102) of our podcast, **Safe Keeping** at [joetorre.org/podcast](https://joetorre.org/podcast)