

IS IT ABUSE?

RECOGNISING RED FLAGS

BELIEFS

- Uses your beliefs for their own advantage
- Leverages your convictions to shame you into compliance
- Exploits your conscience and loyalty for personal gain
- Flips blame if you fail to meet your own standards
- Controls or dictates your freedom

CHILDREN

- Threatens to harm children
- Avoids paying child support or neglects kids' needs
- Belittles partner in front of the children
- Uses children to silence their partner
- Abuses others' children
- Scares or hurts partner in front of the kids

LEGAL

- Uses the legal system to intimidate you
- Files false court motions
- Uses children as leverage in legal battles
- Makes false reports or allegations
- Drains your financial resources
- Fails to disclose information honestly
- Prolongs legal negotiations
- Refuses to comply with court orders

MEDICAL

- Obstructs access to medical care
- Causes stress that leads to health issues
- Withholds or overmedicates
- Blocks access to therapy or healthcare
- Neglects nutrition or medical needs
- Falsely reports medical conditions
- Interferes with health insurance or coverage
- Violates bodily autonomy

CYBER

- Uses technology to monitor, harass, or surveillance
 - Knows too much about your activities in a creepy way
 - Shares explicit images without consent
 - Engages in "swatting" or false police reports
- *Swatting refers to the act of making a false report to emergency services, leading to the dispatch of police or emergency responders to an unsuspecting individual's address. This malicious practice is considered a serious offense under Australian law, as it misuses emergency resources and can cause significant harm or distress to the targeted individuals.*
- Impersonates you online
 - Sabotages your reputation using technology

PETS & PROPERTY

- Confiscates keys or IDs
- Damages your property or car
- Destroys cherished belongings
- Harms or neglects your pets
- Punches walls or breaks items
- Threatens property damage

PHYSICAL

- Drives recklessly to intimidate
- Interrupts your sleep
- Chokes or restrains you
- Blocks exits or traps you
- Prevents medical attention
- Throws objects to frighten
- Uses physical force or threats

PSYCHOLOGICAL

- Gaslights by denying actions or events
- Acts threatening but denies harm
- Projects responsibility for their actions onto you
- Displays weapons to intimidate
- Convinces you they know better than you
- Threatens self-harm or harm to others

ABUSE OF POWER

- Creates chaos to maintain control
- Takes credit for others' work
- Has delusions of superiority
- Acts entitled and expects others to cater to them
- Looks down on others, thinking they are superior
- Demands respect aggressively
- Obsessively manages appearances to maintain a public image

SOCIAL

- Monitors your interactions and communications
- Tracks your social media and whereabouts
- Controls your friendships and social activities
- Limits your access to education or employment
- Keeps you isolated at home

VERBAL

- Dictates your behaviour
- Cuts you off in conversations
- Belittles or insults you
- Forbids discussing issues
- Uses yelling or name-calling
- Publicly humiliates you

REPRODUCTIVE

- Pressures for or against pregnancy
- Shames or celebrates pregnancy loss
- Coerces sex during fertile days
- Engages in stealthing or sabotages contraception
- Uses religion to control reproductive choices
- Prioritises their own sexual fulfillment over your well-being

CULTURE

- Mistreats you, blaming it on cultural expectations
- Demeans your cultural or ethnic heritage
- Forces you to adopt their cultural practices against your will
- Isolates you from participating in mainstream culture
- Uses cultural expectations or shame to keep you and others silent
- Isolates you using language barriers or lack of translation
- Mocks your culture or ethnicity as inferior

SEXUAL

- Forces or withholds sex as punishment
- Criticizes your body or sexuality
- Demands sex as a favour repayment
- Consumes or forces pornography
- Engages in infidelity or threatens to cheat
- Denies safe and bonding intimacy
- Abuses children sexually

EMOTIONAL

- Invalidates your perception of reality
- Makes insults under the guise of joking
- Withdraws affection or uses silent treatment
- Manipulates with guilt
- Flips arguments to blame you
- Acts possessive but calls it protection
- Creates emotional instability

FINANCIAL

- Controls or monitors your spending
- Abdicates financial responsibility but criticizes you
- Avoids paying child support or manipulates figures
- Spends impulsively, incurring secret debts
- Interferes with state aid
- Makes all financial decisions without you
- Lies about finances

INTELLECTUAL

- Demands perfection
- Dismisses your opinions without proof
- Insults your intelligence
- Tries to make you feel inferior
- Intimidated by your intellect
- Refuses to let you disagree
- Invalidates your views on abuse

GET HELP:

Visit
[ITSAREDFLAG.COM/KNOW](https://itsaredflag.com/KNOW)
for more information.

**WARNING SIGNS -
SAY IT OUT LOUD**

sayitoutloud.org.au