

Factsheet 130

Signs Someone may be Being Abused

- You may frequently see bruising or unexplained marks
- When you inquire further she/he attributes the bruising/marks to walking into something or accidentally injuring themselves
- She/he may always need to ask for their partner's permission to do anything
- You may notice that she/he are always checking in with their partner and justifying their whereabouts
- They seem timid or slow to respond to questions in the presence of their partner
- She/he is not allowed to socialise with someone of the opposite sex
- Or be alone with same sex friends
- Perpetrator enjoys embarrassing the victim in public; you may witness this often
- Victims often justify their partner's rude, nasty or indifferent behaviour
- The victim may question healthy relationship behaviours in others, e.g. "Your spouse/partner doesn't mind that you have a male friend" or "You're allowed to make plans without your partner's permission"
- Their partner may show extreme jealousy
- Perpetrators may begin seeing a member of the opposite sex to coerce the other into feeling jealous
- The perpetrator telephones her/him excessively
- The victim continually makes excuses to family and friends for not seeing them or being available
- They make stop taking care of their appearance
- The victim may begin to use alcohol and/or substances as a coping mechanism
- Suddenly be prescribed anti-depressants
- Stop going out
- Stop eating or become over weight
- Have to ask their partner for money
- Perpetrators will isolate the victim from family and friends
- Maybe discouraged by the perpetrator from having paid employment outside the home
- The victim may never be seen out and about without the perpetrator

Resources and Further Information:

<http://www.elephantjournal.com/2015/08/gaslighting-the-mind-game-everyone-should-know-about/>

<https://www.psychologytoday.com/blog/power-in-relationships/200905/are-you-being-gaslighted>

<http://goodmenproject.com/featured-content/seven-signs-you-are-a-victim-of-gaslighting-fiff/>

Serious Crime Act 2015 - Section 76 Statutory Guidance Document here:

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https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/482528/Controlling_or_coercive_behaviour_-_statutory_guidance.pdf

Serious Crime Act 2015 - Section 76 - legislation here:

<http://www.legislation.gov.uk/ukpga/2015/9/section/76/enacted>

Books:

Coercive Control by Evan Stark

Women at Risk by Evan Stark

Without Conscience by Robert D. Hare