



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

TECHNOLOGY

Monitors your mobile phone use, text messages and social media.

Changes passwords without your consent.

Tracks and/or accesses your bank accounts online.

Monitors devices to track someone's movements.

Uses emails and texts to make threats.

Uses recording devices to track conversations.

Threatens to take and/or share inappropriate images.

Embarrassing or putting you down using technology.



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

SEXUAL PERSUASION

Forcing you to have unprotected sex or forcing you to take/not take a form of contraception.

Stealthing: the act of non-consensual condom removal during sex.

Manipulating or making threats to get sex.

Being excessively jealous or angry when you spend time with others.

Making you feel guilty for not wanting a sexual relationship.

Conceiving a pregnancy to keep the other from leaving the relationship.

Getting you drunk or drugged to perform sex.



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

Treating you like a servant.

Acting like they own you as their property.

Making all the decisions in the relationship.

Defining gender stereotype roles within the relationship.

Stating the victim would be nothing without them.

USING SOCIAL STATUS



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

ISOLATION

Isolating you by controlling what you do, who you see, or who you can talk and interact with.

Demonstrates overly jealous behaviour.

Limiting outside involvement with friends, family or activities.

Does not respect someone's personal privacy.



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

INTIMIDATION

Making you afraid by using threatening looks, actions or gestures. Smashing objects or destroying property.

Giving the silent treatment, stone-walling or guilt-tripping.

Degrading a person's sense of self.

Making you feel like you are 'walking on eggshells' because they are constantly 'angry or upset'.

Deliberately embarrassing or humiliating you or threatening to humiliate you.

Gaslighting by causing disbelief or doubt in personal feelings and understanding of reality.



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

Making and/or carrying out threats to do something to hurt you.

Threatening to leave, to commit suicide, or to report you to the police.

Forcing you to drop charges by using fear tactics.

THREATS



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

Forces you to behave in a certain way, usually due to threats or fear.

Threatening to expose your weakness or secrets.

Spreading rumours and telling lies about you to your peer group.

Coercing you how to look, dress and act.

Pressuring you to participate in illegal activities.

PEER PRESSURE



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

MINIMISE/DENY/BLAME

Denying the extent of the violence, minimising how hurtful their actions are, or denying they are a violent person.

Disregarding your feelings or concerns for safety, attempting to shift the blame or making light of the situation.

Stating that the abuse didn't happen. Shifting responsibility for abusive behaviour.

Stating you caused the abuse to happen.



DO YOU KNOW THE SIGNS OF A TOXIC RELATIONSHIP?

Putting you down, belittling you in front of family or friends, name-calling, playing mind games, humiliating the person, guilt-tripping, using insults and making a partner feel fearful and hurt.

Playing mind games, making you think you are crazy.

Humiliating and degrading you, causing embarrassment and shame.

Diminishing self-esteem and making you feel bad about yourself.

EMOTIONAL ABUSE