



HOW DO YOU KNOW if a woman may be a survivor of DOMESTIC VIOLENCE?

Here are behaviours and actions to look for
if you think she is being harmed:

SHE IS DISTRACTED.

She seems distracted and disconnected from the conversations and the people around her. She seems like her thoughts are somewhere else.

SHE IS NERVOUS.

She gets nervous when her partner is around and she's nervous about leaving her child or children alone with him.

SHE MAKES EXCUSES.

She makes excuses for his bad behaviour and does the same for bruises or other injuries she may have. For instance, she may say things like "It's nothing, I just fell."

SHE HAS TO CHECK IN.

She seems like she is being controlled, even when her partner is not around her. She may have to ask for his permission to go somewhere or to buy something, and she checks in with him often to tell him where she is and what she is doing.

If you think she's being abused, don't ignore your gut instincts. **Visit portalpathway.ca to learn how you can support her.**