



While you are getting to know someone new, our recommendation would be to think very carefully before:

- letting him 'drop in' to your home without first checking if it's okay with you
- lending him money
- giving him a key to your house
- moving in together
- letting him supervise or parent your children
- giving him passcodes to your phone and social media.

Setting these boundaries early will give you some control over when and where you see him.

These boundaries will make it easier to get him out of your life if you discover you need to.

Remember, we all want to be loved and sometimes this can make us turn a blind eye to some of the clues.

Try to resist this urge.

**You deserve better.**

**If the person you're interested in gets a few ticks on these clues, seek support and talk with a professional.**

## SUPPORT SERVICES

### 1800Respect

National sexual assault, domestic family violence counselling service.

1800 737 732

[www.1800respect.org.au](http://www.1800respect.org.au)

### InTouch Multicultural Centre Against Family Violence

Statewide service for those in CALD communities experiencing family violence.

(03) 9413 6500

Toll Free 1800 755 988

[www.intouch.asn.au](http://www.intouch.asn.au)

### Victoria Centres Against Sexual Assault (daytime) & Sexual Assault Crisis Line (after hours)

Counselling, telephone support and crisis response for people who have been sexually assaulted and their family and friends.

1800 806 292

[www.casa.org.au](http://www.casa.org.au)

### Safe Steps Family Violence Response Centre

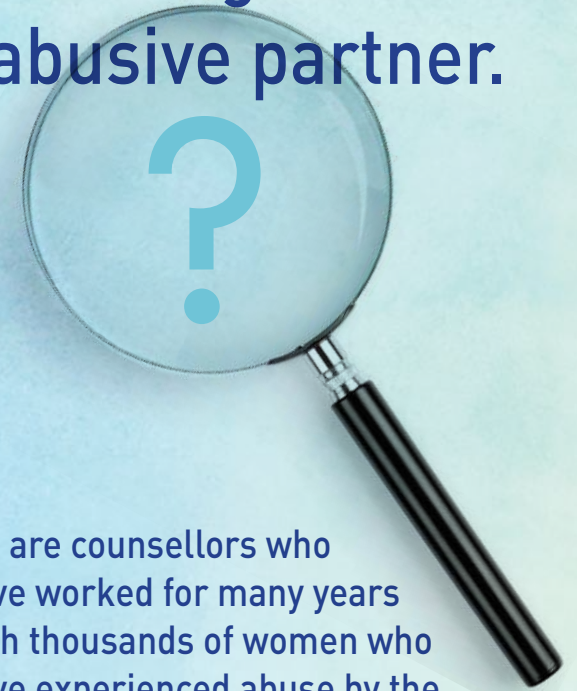
24 hour statewide support for women experiencing domestic violence including referrals to safe accommodation.

1800 015 188

[www.safesteps.org.au](http://www.safesteps.org.au)

# CLUES

that tell you a man might be an abusive partner.



We are counsellors who have worked for many years with thousands of women who have experienced abuse by the men in their lives.

A question we get asked a lot from women who are thinking about starting a new relationship is: "How will I know if he is going to be abusive or not?"

**This is a good question!**

Being physically, emotionally or sexually abused by one man in your life is bad enough, but if it happens more than once, life and relationships can feel impossible and your self-esteem can hit rock bottom.

It can be really helpful to get some tips on what **behaviours and attitudes to look out for** in a man that will tell you how he feels about women...

- Does he respect them?
- Does he think they have less rights than men?
- Does he think a man should always be in charge?

You need to put your detective hat on and find out.



We've listed some clues here that will warn you that a man might be controlling or abusive.

**Collect this information over a period of at least 2-4 months and during this time try not to get too involved and keep strong boundaries.**

You will have to be clever and creative to try to get the answers to some of these questions. Some questions you can't just come out and ask.

If you're not sure what to think about the information you have, talk it over with a counsellor or support worker.

**If there are a few ticks, talk this information over with a professional support person.**

## THE CLUES...Place a tick in the box if the answer is yes.

- Does he show intense emotion early on and overwhelm you with charm?
- Does he want to move in with you soon after meeting or dating you?
- Does he want to be with you all the time and get moody, sulky or angry if you have other plans or visit friends or family?
- Does he check up on you during the day? Does he text and call constantly?
- Is it all about him? Does he interrupt you or seem distracted or disinterested when you talk?
- Does he talk about women in critical ways or as sexual objects?
- Does he usually go out with women who are a lot younger than him?
- How does he talk about his ex-partners? Does he describe them in disrespectful ways, call them names or paint them as people who have done him wrong?
- Is everyone else to blame for his feelings or for things that go wrong in his life? Is everything always someone else's fault? Does he never take responsibility?
- Does he show a lack of responsibility and care for his children from previous relationships?
- Ask about his mum and dad. Better still, observe him with them. Is his father controlling and critical of his wife? Does the man you are with copy this behaviour and speak to his mum rudely?
- Do you feel like you are walking on eggshells around him?
- Does he make all the decisions without asking you?
- Does he decide what you should wear, where you will go out?
- Is he critical of you? How you look and dress, what you say, what you believe?
- Does he try to restrict your access to money or pressure you to hand your money over to him?
- Does he talk about your body or sex life with his friends?
- Does he pressure, trick or force you into sexual activities before you are ready or that you are not comfortable with?
- Does he sulk or keep asking after you have said no to something he has asked you to do?
- Does he try to get out of wearing condoms?
- Does he drink a lot most days and/or go on drug binges?
- Does he turn everything around so you always end up feeling to blame for things? Do things quickly escalate into a drama?
- Does he accuse you of cheating on him?
- Does he say his jealousy and intensity is a sign of his love for you?
- Is he cruel to pets and animals?
- Does he threaten suicide if you want to stop seeing him?
- Does he think in some circumstances it is OK for a man to hit a woman?
- Has he had an aggressive outburst where he has hit you or another person, thrown something or hit a wall?
- Do you sometimes agree to things to avoid him being angry?
- Has anyone taken an intervention order (IO) out against him?