

1 in 3 women in Ireland experience domestic violence and abuse.

Abuse can be carried out by a current partner, and it can continue after the relationship has ended.

10 Common Signs of Domestic Abuse:

1

They complain that you spend too much time with friends and family and make you feel guilty if you don't spend it all with them.

2

They send you constant texts and get mad if you don't respond right away.

3

They tell you how to dress, criticise your clothes and undermine how you think or feel.

4

They have a bad temper and you feel afraid to disagree with them.

5

They accuse you of cheating on them all the time.

6

They ask for all your passwords so they can check your messages.

7

They pressure or coerce you to do things sexually that you don't want to do.

8

They control your access to basic essentials such as the car, the family finances, food, the telephone and internet.

9

They are physically violent.

10

They have threatened to hurt you, themselves or others if you end the relationship.

You are Not Alone

If you or someone you know is experiencing domestic abuse, call the Women's Aid 24hr National Freephone Helpline on **1800 341 900** (open 7 days a week) or use the Instant Message Support Service on **www.womensaid.ie** (open mornings and evenings, 7 days a week).