

WHAT IS RELATIONSHIP ABUSE?



Relationship abuse is a pattern of unhealthy behaviors towards a current or former intimate partner in order to gain or maintain power and control. Usually the behaviors start off subtly and get worse over time. Common factors of relationship abuse are intimidation, fear, and manipulation. Anyone can experience abuse regardless of gender, race, sexual orientation, class, or religion.

Young people are at the highest risk. Studies show that 1 in 3 young people experience some form of relationship abuse from a dating partner.

