

## Red Flags in Relationships

### Do you:

- Apologize all of the time?
- Willingly accept the blame for everything that goes wrong in your relationship?
- “Walk on eggshells”, watching every word you say?
- Rehearse what you will say to your partner to avoid triggering a reaction?
- Cry more than you used to?
- Hide your feelings, especially anger?
- Constantly try to figure out how to get your partner’s approval?
- Give up interests, activities, and people that were once important to you?
- Constantly excuse your partner’s behavior to yourself or others?

### Does your partner:

- Act jealous or possessive toward you?
- Restrict your contact with your family or friends?
- Check up on you constantly through emails, phone calls or texting?
- Blame others?
- Belittle you?
- Control what you do, who you see or talk to or where you go?
- Believe in stereotyped sex roles?
- Get too serious too fast?
- Refuse to accept breaking up?
- Abuse drugs, alcohol, or other mood-altering substances?
- Pressure you to use/abuse alcohol or drugs?
- Pressure you for sex?
- Mistreat animals or children?
- Scare or threaten you or others?
- Use or display weapons to back up threats?
- Break objects, especially those that are important to you?
- Act like the abuser is no big deal, it’s your fault, or even deny doing it?
- Threaten to take away or hurt your children?
- Take your money, make you ask for money or refuse to give you money?

**If you answered yes to even one question, you could be in danger.**

**The Heights: 855.318.2820**

**National Domestic Violence Hotline: 1-800-799-SAFE(7233)**

**If you are in immediate danger, call 911.**

All calls are confidential.

Information compiled from the National Domestic Violence Hotline

## Alertas Rojas en las Relaciones

### Usted:

- Se disculpa todo el tiempo?
- Acepta la culpa de todo lo mal que pasa en su relación?
- Mide cada palabra que dice?
- Ensaya lo que va a decir a su pareja para evitar desencadenar una reacción?
- Lloro más de lo acostumbrado?
- Oculta sus sentimientos, especialmente su enojo?
- Constantemente intenta buscar cómo lograr la aprobación de su pareja?
- Renuncia intereses, actividades, y a personas que alguna vez fueron importantes para usted?
- Constantemente excusa a su pareja por su comportamiento hacia usted u otra gente?

### Su pareja:

- Actúa celoso o posesivo hacia usted?
- Restringe su contacto con su familia o amigos?
- La está vigilando constantemente por correo electrónico, llamadas telefónicas, o mensajes de texto?
- Le culpa a los demás?
- La menosprecia?
- Controla lo que usted hace, a quien puede ver o con quien puede hablar, o dónde va?
- Cree en los papeles de sexo estereotípicos?
- Se pone muy serio demasiado rápido?
- Niega a aceptar el rompimiento de su relación?
- Abusa de las drogas, el alcohol, u otras sustancias que alteran su estado de ánimo?
- La presiona a usar/abuser el alcohol o drogas?
- La presiona a tener relaciones sexuales?
- Maltrata a los animales o a los niños?
- La asusta o la amenaza o amenaza a otros?
- Muestra armas para respaldar amenazas?
- Rompe objetos, especialmente los que son importantes para usted?
- Actúa como el abuso no es significativo, no es su culpa, o niega el abuso?
- La amenaza con quitarle o con lesionar a sus hijos?
- Le quita su dinero, le hace que pida dinero, o se niega a darle dinero?

**Si usted respondió sí por lo menos a una pregunta, usted puede estar en peligro.**

**The Heights: 855.318.2820**

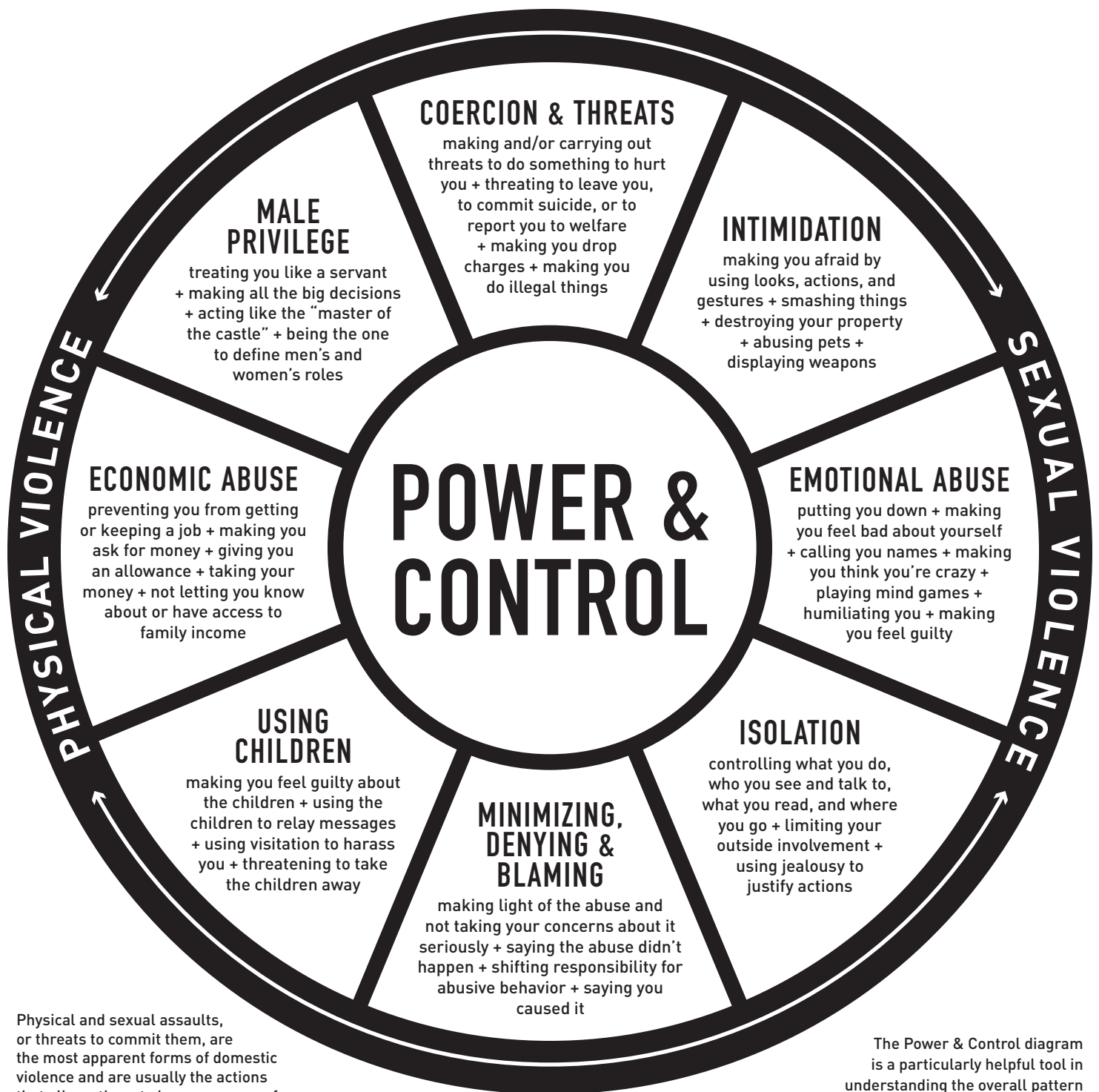
**National Domestic Violence Hotline 1-800-799-7233.**

**Si usted está en peligro de inmediato, llama al 911.**

Todas las llamadas son confidenciales.

Información compilada por la línea de emergencia de National Domestic Violence

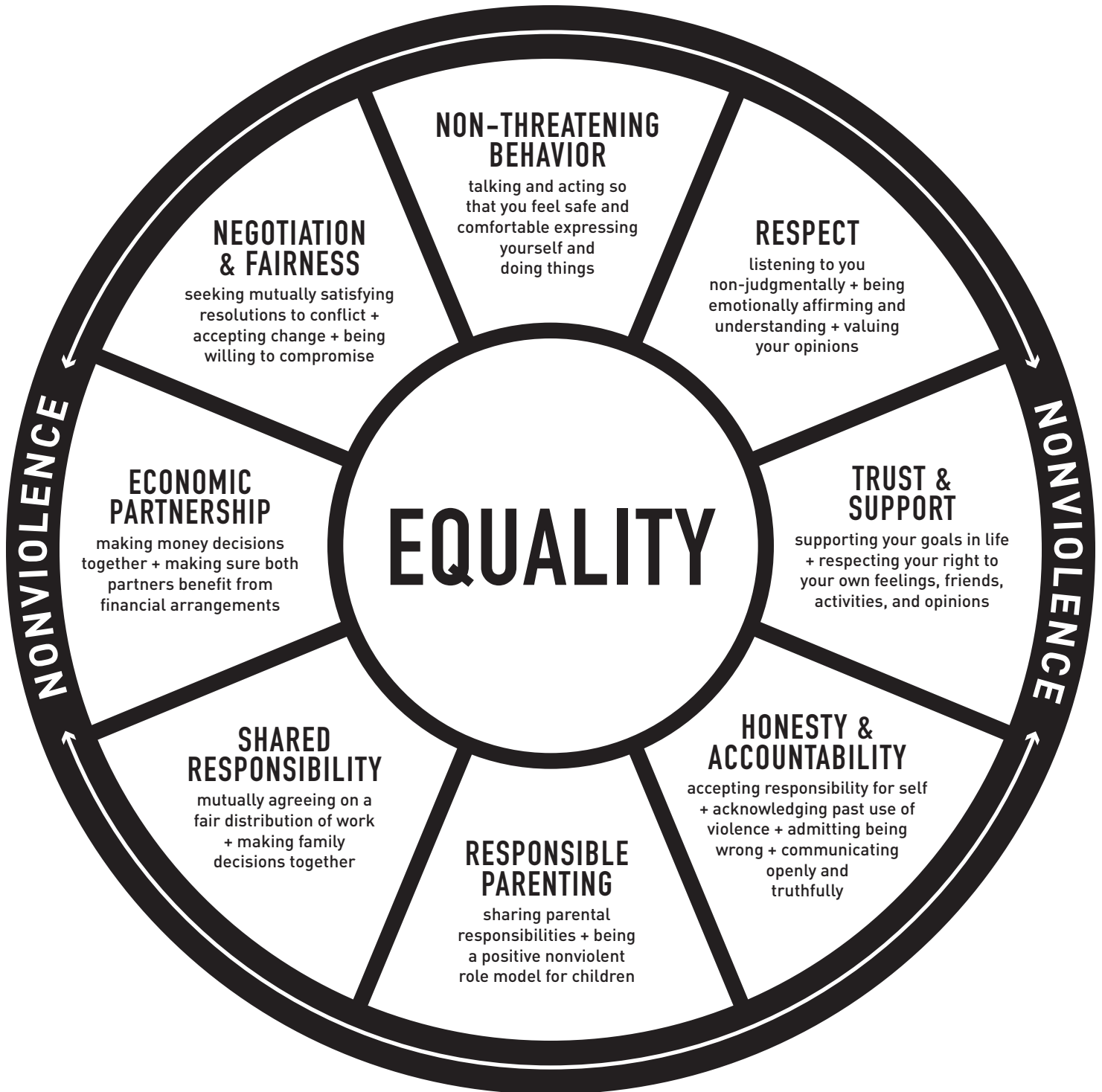
# OR IS YOUR RELATIONSHIP BASED ON POWER AND CONTROL?



Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

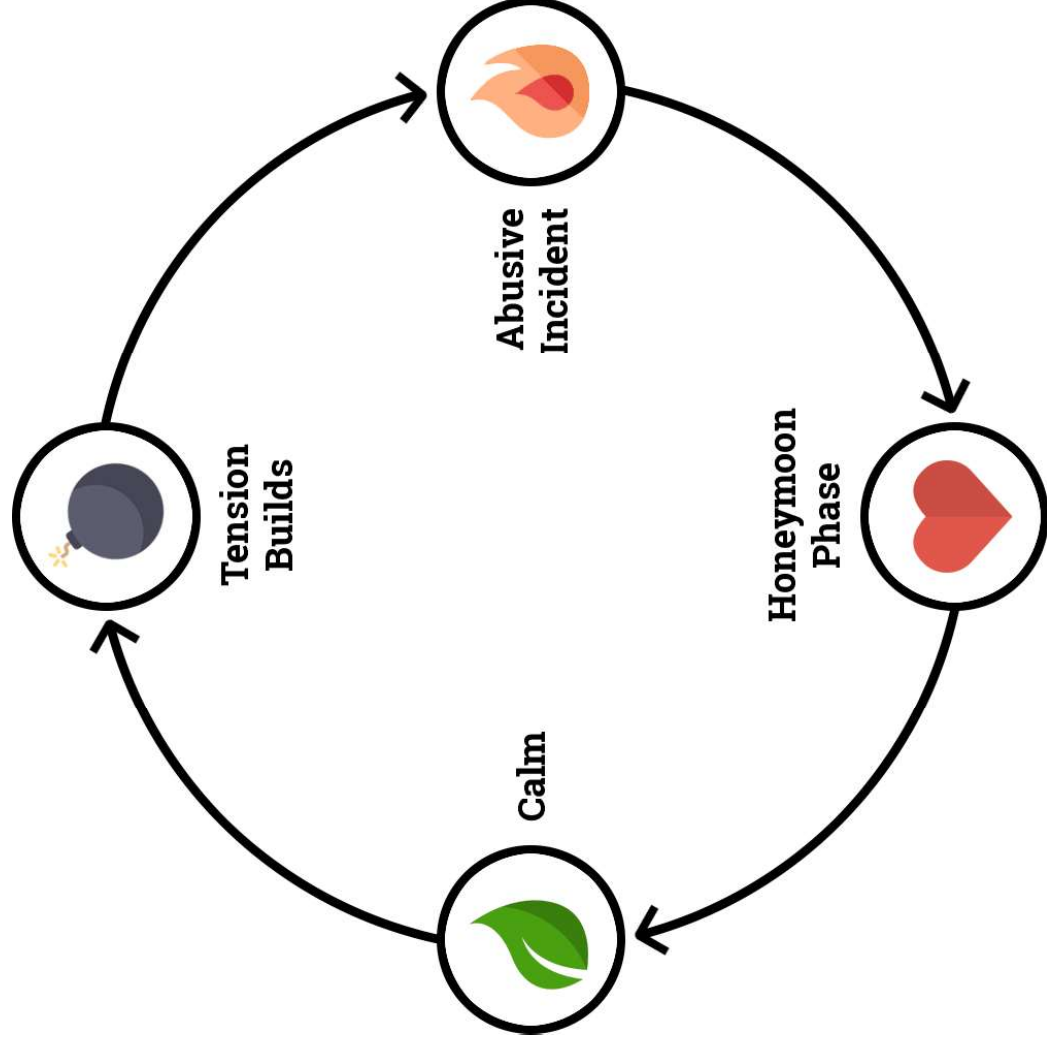
# IS YOUR RELATIONSHIP BASED ON EQUALITY?



# Círculo de Poder y Control



# The Cycle of Abuse



## **Tension Builds**

Stress begins to grow from the pressures of daily life, or other points of conflict. The victim may attempt to reduce tension by complying with the abuser.

## **Abusive Incident**

Verbal, emotional, physical, or sexual abuse occurs. This includes anger, intimidation, threats, and other forms of abuse.

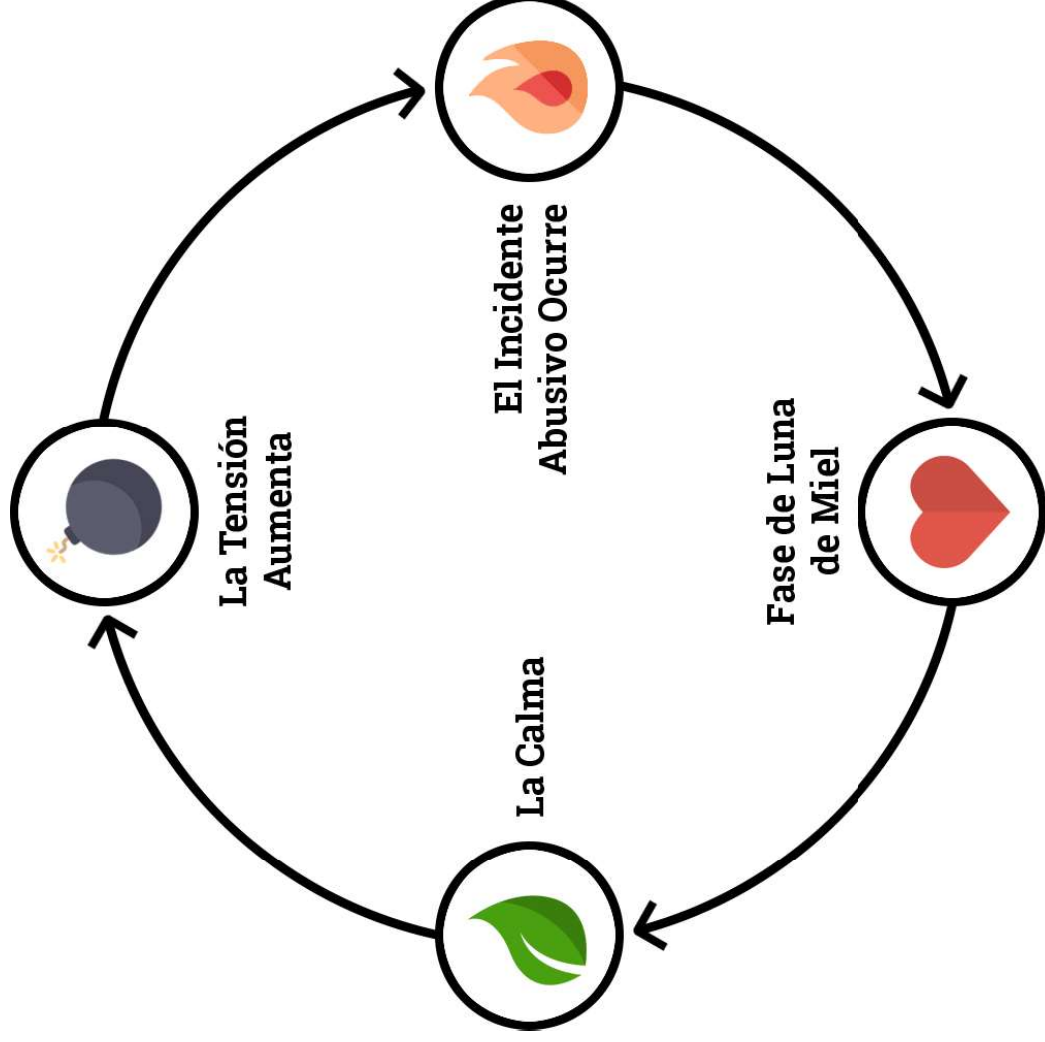
## **Honeymoon Phase**

The abuser apologizes, shows remorse, and often begs for forgiveness. They may shower the victim with love and affection, and promise that the abuse will never happen again.

## **Calm**

The relationship enters a period of calm where the abuse stops or slows. The abuser may continue to ask for forgiveness, or make positive gestures, but these tend to reduce in sincerity over time.

# El Ciclo de Abuso



## **La Tensión Aumenta**

El estrés empieza a crecer a partir de las presiones de la vida cotidiana u otras áreas de conflicto. La víctima puede tratar de reducir la tensión por cumplir con el abusador.

## **El Incidente Abusivo Ocurre**

El abuso verbal, emocional, físico, o sexual ocurre. Esto incluye la ira, intimidación, amenazas, y otras formas de abuso.

## **Fase de Luna de Miel**

El abusador se disculpa, muestra remordimiento y, a menudo, pide perdón. Puede mostrar mucho amor a la víctima, y prometer que el abuso nunca volverá a suceder.

## **La Calma**

La relación entra en un período de calma donde el abuso para o disminuye. El abusador puede continuar a pedir perdón o hacer gestos positivos, pero estos normalmente reducir en sinceridad con más tiempo.

# SIGNS AND SYMPTOMS OF STRANGULATION

## NEUROLOGICAL

- Loss of memory
- Loss of consciousness
- Behavioral changes
- Loss of sensation
- Extremity weakness
- Difficulty speaking
- Fainting
- Urination
- Defecation
- Vomiting
- Dizziness
- Headaches

## SCALP

- Petechiae
- Bald spots (*from hair being pulled*)
- Bump to the head (*from blunt force trauma or falling to the ground*)

## EYES & EYELIDS

- Petechiae to eyeball
- Petechiae to eyelid
- Bloody red eyeball(s)
- Vision changes
- Droopy eyelid

## EARS

- Ringing in ears
- Petechiae on earlobe(s)
- Bruising behind the ear
- Bleeding in the ear

## FACE

- Petechiae (*tiny red spots- slightly red or florid*)
- Scratch marks
- Facial drooping
- Swelling

## MOUTH

- Bruising
- Swollen tongue
- Swollen lips
- Cuts/abrasions
- Internal Petechiae

## CHEST

- Chest pain
- Redness
- Scratch marks
- Bruising
- Abrasions

## NECK

- Redness
- Scratch marks
- Finger nail impressions
- Bruising (*thumb or fingers*)
- Swelling
- Ligature Marks

## VOICE & THROAT CHANGES

- Raspy or hoarse voice
- Unable to speak
- Trouble swallowing
- Painful to swallow
- Clearing the throat
- Coughing
- Nausea
- Drooling
- Sore throat
- Stridor

## BREATHING CHANGES

- Difficulty breathing
- Respiratory distress
- Unable to breathe

Source: *Strangulation in Intimate Partner Violence*, Chapter 16, *Intimate Partner Violence*. Oxford University Press, Inc. 2009.



www.strangulationtraininginstitute.com

Graphics by Yesenia Alvarez



# SIGNOS Y SINTOMAS DE ESTRANGULACION

## NEUROLÓGICO

- Pérdida de memoria
- Pérdida de consciencia
- Cambios de comportamiento
- Pérdida de la sensibilidad
- Debilidad de las extremidades
- Dificultad para hablar
- Desmayo
- Urinación
- Defecación
- Vómito
- Mareo
- Dolores de cabeza

## CUERO CABELLUDO

- Petequias
- Calvas (causadas por jalar el cabello)
- Golpe en la cabeza (causado por trauma contundente o por caer al suelo)

## OJOS Y PÁRPADOS

- Petequias al globo ocular
- Petequias en el párpado
- Ojo(s) rojo(s) con sangre
- Cambios en la visión
- Párpado caído

## OIDOS

- Zumbido en los oídos
- Petequias en la(s) oreja(s)
- Moretón detrás de la(s) oreja(s)
- Sangrado en el oído

## CARA

- Petequias (*pequeños puntos rojos - ligeramente rojos o floridos*)
- Marcas de rasguño
- Parálisis facial
- Hinchazón

## BOCA

- Moretónes
- Lengua hinchada
- Labio(s) hinchado(s)
- Cortadas/abrasiones
- Petequias internas

## PECHO

- Dolor de pecho
- Rojez
- Marcas de rasguño
- Moretónes
- Abrasion

## CUELLO

- Rojez
- Marcas de rasguño
- Impresiones de uñas
- Moretónes (pulgar o dedos)
- Hinchazón
- Marcas de ligaduras

## CAMBIOS EN LA VOZ O GARGANTA

- Voz áspera o ronca
- Incapaz de hablar
- Dificultad al tragar
- Doloroso al tragar
- Aclarar la garganta
- Tos
- Nausea
- Babeo
- Dolor de garganta
- Estridor

## CAMBIOS EN LA RESPIRACION

- Dificultad al respirar
- Angustia respiratoria
- Incapaz de respirar

Gráficos por Yesenia Aceves

Origen: *Strangulation in Intimate Partner Violence, Chapter 16, Intimate Partner Violence. Oxford University Press, Inc. 2009.*



[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)

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(visible signs may not be present)

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