

Diocese of Covington
High School Safe Environment Resources

WARNING SIGNS OF ABUSE

SEXUAL/PHYSICAL ABUSE SIGNS

Bruises, especially those that do not or seem plausible by explanation given or evasive answers when questioned.

Clothing not in sync with current weather, i.e., long sleeves, sweaters, etc, especially when warmer.

Withdrawn, appears depressed, lack of eye contact, anxiety.

Sudden mood swings, rage fear, insecurity.

Seems distracted at odd times.

Develops new or unusual fears of certain people or places.

Has sudden change in eating habits as in compulsive eating or dieting, inadequate personal hygiene.

Drug or alcohol use/abuse previously not a problem.

Self-injury/cutting, burning.

Sexual promiscuity and behavior, exhibits adult-like language and knowledge.

Thinks of self or body as repulsive, dirty or bad.

Running away from home.

Suicide attempts.

Fear of intimacy or closeness

Suddenly has money, possessions or gifts without reason.

VERBAL/DATING/RELATIONSHIP ABUSE WARNING SIGNS —If you or your friend is in a relationship with an individual who does: name-calling or uses derogatory or demeaning terms, curses at individual, shouting, threats, excessive blaming, shows significant lack of courtesy, cruelty to animals, has a history of explosive temper or drug and/or alcohol abuse, controlling behavior (like multiple texts about whereabouts and activity, mandating friends), excessively jealous, or has actually been physically abusive, then that person needs to seek counseling and get the help they need to be safe from harm. Either sex can be victims of all forms of abuse.