RELATIONSHIP VIOLENCE
Unhealthy, abusive, or violent relationships can have severe consequences

10 WARNING SIGNS OF ABUSE:
- Checks your cell phone or email
- Constantly outs you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from friends & family
- Make false accusations
- Mood swings
- Physically hurts you in any way
- Possessive
- Tell you what to do

VIOLENCE CAN LOOK LIKE
- Sexual
- Stalking
- Psychological / Emotional
- Verbal
- Physical

SHORT/LONG-TERM NEGATIVE EFFECTS
- Symptoms of depression & anxiety
- Engagement in unhealthy behaviors, such as tobacco, drug & alcohol use
- Involvement in antisocial behaviors
- Thoughts of suicide

1 IN 5 WOMEN report experiencing Stalking, Rape or Physical Violence by their intimate partner
1 IN 7 MEN

SAC Cares
A Culture of Respect

ALAMO COLLEGES DISTRICT
San Antonio College
Student Conduct & Title IX Office