



Every week, another two women escape domestic violence.

According to the Home Office, two women in England and Wales are killed by their partner or ex-partner *every week*.

Refuge has supported women and children escaping domestic violence for over four decades, and we've learned that what starts as a slap or shove can escalate into a pattern of frequent brutal beatings, and can even lead to death.

We've learned that far from being about *losing control*, domestic violence is actually about men *taking control*.

And we've learned that emotional abuse can do a huge amount of harm.

Forewarned is forearmed, so Refuge would like to alert you to some of the warning signs of domestic violence.

- Is the man in your life charming one minute and terrifyingly aggressive the next?
- Is he excessively jealous and possessive?
- Is he stopping you from seeing your family and friends?
- Is he constantly criticizing you and putting you down in public?
- Does he control your money?
- Does he tell you what to wear, who to see, where to go, what to think?
- Does he pressure you to have sex when you don't want to?
- Are you starting to walk on eggshells to avoid making him angry?



For women and children.
Against domestic violence.

Don't ignore the warning signs. www.refuge.org.uk