

Domestic Violence Awareness Month

October 2025

Relationship abuse is ugly, even (and especially) when it comes from the people we love. The more informed we keep ourselves and others, the more prepared we'll be to recognize and stop abuse when it happens.

All relationships exist on a [relationship spectrum](#) from healthy to abusive, with unhealthy in between.

Healthy	Unhealthy	Abusive
A healthy relationship means both you and your partner are: - Communicating - Respectful - Trusting - Honest - Equal - Enjoying personal time away from each other - Making mutual choices - Economic/financial partners	You may be in an unhealthy relationship if your partner is: - Not communicating - Disrespectful - Not trusting - Dishonest - Trying to take control - Only spending time together - Pressured into activities - Unequal economically	Abuse is occurring in a relationship when one partner is: - Communicating in a hurtful or threatening way - Mistreating - Accusing the other of cheating when it's untrue - Denying their actions are abusive - Controlling - Isolating their partner from others

STALKING

Stalking occurs when someone watches, follows, or harasses you repeatedly, making you feel afraid or unsafe, and may occur from someone you know, a past partner, or a stranger. This can include different types of abuse.

Stalking can look like:

- Showing up at your home or workplace unannounced or uninvited.
- Sending you unwanted texts, messages, letters, emails, or voicemails.
- Leaving you unwanted items, gifts, or flowers.
- Calling you and hanging up repeatedly or making unwanted phone calls to you, your employer, a professor, or a loved one.
- Using social media or technology to track your activities.
- Spreading rumors about you online or in person.
- Manipulating other people to investigate your life, including using someone else's social media account to look at your profile or befriending your friends in order to get information about you.
- Waiting around at places you spend time.
- Damaging your home, car, or other property.
- Hiring a private investigator to follow or find you as a way of knowing your location or movements.

You are not alone.

The National Domestic Violence Hotline is here for you 24/7/365.

- Call: **1.800.799.SAFE (7233)**
- Text: **"START" to 88788**
- Chat: **thehotline.org**

NATIONAL DOMESTIC VIOLENCE HOTLINE